



AgeWell  
at the JCC

KOSHER  
by ALADDIN

11 am - 1 pm

RSVP by 4pm the Business  
Day Before your visit

412-567-1715

Calling after 4 pm  
Does Not  
Guarantee a Meal

**Monday**

May 19

**BeWell**

Beef Hamburger (4 oz) on a  
Hamburger Bun with  
Tomato (2 Slices)  
Low Sodium Baked Beans  
(½ C)  
Broccoli, Cauliflower, and  
Carrots (½ C)  
Grapes (½ C)  
Ketchup (1 Packet)  
Calories: 691

**Season's Harvest**

Turkey (4 oz) with Light  
Gravy (1 oz)  
Scalloped Potatoes (½ C)  
Leaf Spinach (½ C)  
Dinner Roll (1)  
Orange (1)  
Calories: 672

Menu is subject to change.

**Tuesday**

May 20

**BeWell**

Turkey Light and Dark (3 oz)  
with Gravy (1 oz)  
Lemon Potatoes (½ C)  
Spinach (½ C)  
Wheat Bread (1 Slice)  
Banana (1)  
Margarine (1 tsp)  
Calories: 729

**Season's Harvest**

Chicken Shawarma (4 oz)  
Italian Green Beans with  
Red Pepper (½ C)  
Glazed Yams (½ C)  
Wheat Dinner Roll (1)  
Fruit Cocktail (½ C)  
Margarine (1 tsp)  
Calories: 617

**Wednesday**

May 21

**BeWell**

Roast Beef (3 oz) with Thin  
Gravy (1 oz)  
Stewed Tomatoes and  
Zucchini (½ C)  
Winter Squash Cubes (½ C)  
Rye Bread (1)  
Apple (1)  
Margarine (1 tsp)  
Calories: 704

**Season's Harvest**

Fish Taco with Cod (4 oz),  
Salsa (1 Tbsp), Diced  
Avocado (2 Tbsp), and a  
Wheat Tortilla (6")  
Cole Slaw (½ C)  
Banana (1)  
Graham Crackers (2-2")  
Light Tartar Sauce (1 Tbsp)  
Calories: 669

**Thursday**

May 22

**BeWell**

Creole Chicken (3 oz) with  
Sauce (2oz)  
Sliced Beets (½ C)  
Dinner Roll (1)  
Brown Rice (½ C)  
Orange (1)  
Margarine (1 tsp)  
Calories: 622

**Season's Harvest**

Chicken Dinner Salad with  
Chicken (4 oz) and Red Leaf and  
Romaine Lettuce (¾ C)  
Chopped Strawberries (2 Tbsp)  
Sweet and Sour Cucumbers (½ C)  
Wheat Challah (1 Slice)  
Apple (1)  
Chocolate Chip Cookie (1-2")  
Margarine (1 tsp)  
Light Italian Dressing (2 Tbsp)  
Calories: 619

**Friday**

May 23

**BeWell**

Penne Pasta with Meat Sauce  
(½ C) with Ground Beef (3 oz)  
Green & Wax Beans (½ C)  
Wheat Challah (1 Slice)  
Mandarin Oranges &  
Pineapple Tidbits (½ C)  
Oatmeal Raisin Cookie (1-2")  
Margarine (1 tsp)  
Calories: 726

**Season's Harvest**

Cod (4 oz) with Florentine Sauce  
(1 oz)  
Confetti Rice (½ C)  
Sliced Carrots (½ C)  
Italian Bread (1 Slice)  
Tangerine (1)  
Oatmeal Cookie (1-2")  
Margarine (1 tsp)  
Calories: 637