



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 26



**AgeWell at the
JCC is closed for
Memorial Day.**

**Reserve your
lunch for
Tuesday, May
27th before
4PM on Friday,
May 23rd.**



Tuesday

May 27

BeWell

Pot Roast (3 oz)
Gravy (1 oz)
Mexican Mix with Corn,
Black Beans, Onion, and
Red Pepper (½ C)
Wheat Bread (1 Slice)
Orange (1)
Margarine (1 tsp)
Calories: 749

Season's Harvest

Tilapia with Paprika (4 oz)
Cabbage and Noodles (½ C)
Beet Wedges (½ C)
Wheat Bread (1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 610

Wednesday

May 28

BeWell

Chicken Cacciatore with
Boneless Chicken (3 oz)
and Sauce (2 oz)
Whipped Yams (½ C)
Leaf Spinach (½ C)
Dinner Roll (1)
Apple (1)
Margarine (1 tsp)
Calories: 681

Season's Harvest

Turkey (4 oz)
Gravy (1 oz)
Roasted Potatoes (½ C)
Green Beans with Red
Pepper (½ C)
Wheat Dinner Roll (1)
Orange (1)
Margarine (1 tsp)
Calories: 638

Thursday

May 29

BeWell

Turkey Teriyaki Meatballs
(2-2oz) with Reduced
Sodium Teriyaki Sauce
(1 oz)
Rice Pilaf (½ C)
Midori Blend Vegetables (½ C)
Banana Cake (2" X3") with
Powdered Sugar Dusting
Calories: 759

Season's Harvest

Chicken Stir-Fry with Cubed
Chicken (3 oz), Broccoli,
Red Onion, Carrots, and
Sauce (1 oz)
Rice Pilaf (½ C)
Midori Blend Vegetables (½ C)
Banana Cake (2" X 3") with
Powdered Sugar Dusting
Calories: 673

Friday

May 30

BeWell

Open Face Sandwich with
Roast Beef (3oz), Gravy
(1 oz) and Wheat Challah
(1 Slice)
Sweet & Sour Coleslaw (½ C)
White Bean Salsa (½ C)
Banana (1)
Calories: 767

Menu is subject to change.

Season's Harvest

Sandwich with Salmon Cake
(4 oz) with Salmon (3 oz),
Tomato (1 Slice), Lettuce
(1 Leaf), and Wheat Challah
(2 Slices)
Sweet and Sour Coleslaw (½ C)
Baby Carrots (½ C)
Banana (1)
Dill Mayo (1 Tbsp)
Calories: 709