



**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   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| <b>July 14</b><br><b>BeWell</b><br>Pepper Steak (3 oz) with<br>Thin Gravy (1 oz) and<br>Green Peppers, Onions &<br>Tomatoes (½ C)<br>Barley (½ C)<br>Wheat Bread (1 Slice)<br>Tropical Fruit Cocktail (½ C)<br>Margarine (1 tsp)<br>Calories: 696<br><br><b>Season's Harvest</b><br>Teriyaki Salmon (4 oz)<br>with Sauce (1 oz)<br>Cooked Spinach (½ C)<br>Barley (½ C)<br>Wheat Bread (1 Slice)<br>Tropical Fruit<br>Cocktail (½ C)<br>Margarine (1 tsp)<br>Calories: 671 | <b>July 15</b><br><b>BeWell</b><br>Chicken Breast (3 oz)<br>with Lemon Pepper<br>Cream Sauce (1 oz)<br>Gourmet Potatoes (½ C)<br>Broccoli Florets (½ C)<br>Italian Bread (1 Slice)<br>Apple (1)<br>Margarine (1 tsp)<br>Calories: 726<br><br><b>Season's Harvest</b><br>Turkey Chili (8 oz) with<br>Ground Turkey (3 oz),<br>Beans, and Tomato<br>Broccoli Florets (½ C)<br>Corn Bread (1)<br>Apple (1)<br>Margarine (1 tsp)<br>Calories: 675 | <b>July 16</b><br><b>BeWell</b><br>Baked Tilapia (4 oz) with<br>Dill Sauce (1 oz)<br>Stewed Tomatoes &<br>Zucchini (½ C)<br>Confetti Brown Rice (½ C)<br>Tangerine (1)<br>Brownie (2" x 3")<br>Calories: 603<br><br><b>Season's Harvest</b><br>Beef Stroganoff (5 oz)<br>with Sauce (1 oz)<br>Stewed Tomatoes &<br>Zucchini (½ C)<br>Confetti Brown Rice (½ C)<br>Tangerine (1)<br>Brownie (2" X3")<br>Calories: 660 | <b>July 17</b><br><b>BeWell</b><br>BBQ Beef (4 oz) with<br>Shredded Beef (3 oz) and a<br>Hamburger Bun (1)<br>Vinegar Potato Salad (½ C)<br>Carrots (½ C)<br>Orange (1)<br>Calories: 755<br><br><div>Menu is subject to change.</div><br><b>Season's Harvest</b><br>Chicken Shawarma (4 oz)<br>Israeli Salad (½ C)<br>Carrots (½ C)<br>Orange (1)<br>Wheat Pita (½ 6")<br>Cucumber Sauce (1 Tbsp)<br>Calories: 607 | <b>July 18</b><br><b>BeWell</b><br>Penne Pasta (½ C) with Meat<br>Sauce (8 oz) and Ground<br>Turkey (3 oz)<br>Mixed Green Salad (1 C) with<br>Romaine & Leaf Lettuce<br>(¾ C), Peas (2 Tbsp), &<br>Chopped Radishes (2 Tbsp)<br>Wheat Challah (1 Slice)<br>Banana (1)<br>Light Italian Dressing (1 Tbsp)<br>Margarine (1 tsp)<br>Calories: 687<br><br><b>Season's Harvest</b><br>White Fish (4 oz) with<br>Lemon Pepper Seasoning<br>(1 tsp)<br>Scalloped Potatoes (½ C)<br>Green Beans with Roasted<br>Red Pepper Strips (½ C)<br>Wheat Challah (1 Slice)<br>Banana (1)<br>Margarine (1 tsp) |