



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

July 21

BeWell

Oven Fried White Fish
Sandwich with White Fish
(4 oz) and a Wheat
Sandwich Bun
Coleslaw (½ C)
Stewed Tomatoes and
Zucchini (½ C)
Sliced Peaches (½ C)
Cocktail Sauce (1 Tbsp)
Calories: 647

Season's Harvest

Chicken Breast (4 oz) with
Gravy (1 oz)
Whipped Potatoes (½ C)
Broccoli, Cauliflower and
Carrots (½ C)
Stuffing (¼ C)
Sliced Peaches (½ C)
Margarine (1 tsp)
Calories: 694

Tuesday

July 22

BeWell

White Turkey Chili (1 C)
with Turkey (3 oz), Black
Beans, and Corn
Squash Cubes (½ C)
White Rice (½ C)
Dinner Roll (1)
Tangerine (1)
Calories: 615

Season's Harvest

Salmon with Apricot
Ginger Glaze (4 oz)
Butternut Squash Cubes
(½ C)
White Rice (½ C)
Dinner Roll (1)
Tangerine (1)
Calories: 658

Wednesday

July 23

BeWell

Swiss Steak (4 oz) with
Thin Gravy (1 oz)
Scalloped Potatoes (½ C)
Italian Green Beans (½ C)
Wheat Bread (1 Slice)
Tropical Fruit Mix (½ C)
Calories: 774

Season's Harvest

Tofu Chickpea Curry (1 C)
Italian Green Beans (½ C)
Wheat Bread (1 Slice)
Tropical Fruit Mix (½ C)
Margarine (1 tsp)
Calories: 743

Menu is subject to change.

Thursday

July 24

BeWell

White Fish (4 oz) with Tartar Sauce
(1 Tbsp)
O'Brien Potatoes (½ C)
Salad with Romaine & Leaf Lettuce
(¾ C), Cherry Tomatoes (3), and
Cucumber (3 Slices)
Dinner Roll (1)
Fruit Cocktail (½ C)
Graham Crackers (2)
Light Italian Dressing (1 Tbsp)
Margarine (1 tsp)
Calories: 645

Season's Harvest

Rotisserie Chicken Leg and Thigh
(5 oz)
Salad with Romaine & Leaf
Lettuce (1 C), Chopped Red
Pepper (2 Tbsp), Peas (2 Tbsp), &
Tomato Wedges (2)
Ratatouille (½ C)
Italian Bread (1 Slice)
Fruit Cocktail (½ C)
Light Italian Dressing (2 Tbsp)
Margarine (1 tsp)
Calories: 650

Friday

July 25

BeWell

Chicken Breast with
Mushroom Gravy (4 oz)
Roasted Potatoes (½ C)
Broccoli Florets (½ C)
Wheat Challah (1 Slice)
Pear (1)
Margarine (1 tsp)
Calories: 633

Season's Harvest

White Fish Provencal
(4 oz) with Sauce (2 Tbsp)
Roasted Potatoes (½ C)
Broccoli Florets (½ C)
Wheat Challah (1 Slice)
Banana (1)
Margarine (1 tsp)
Calories: 659