



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
October 27	October 28	October 29	October 30	October 31
BeWell	BeWell	BeWell	BeWell	BeWell
Meatloaf (4 oz) with Gravy (1 oz)	Baked White Fish with Paprika (4 oz)	Vegetable Stuffed Pepper (5 oz)	Tuna Noodle Casserole (1 C)	Meatballs (2-2oz) with Reduced Sodium General Tso's Sauce (1 oz)
Cauliflower and Carrots (½ C)	Roasted Potatoes (½ C)	Broccoli Florets (½ C)	Beets (½ C)	Chive Baked Potatoes (½ C)
Glazed Yams (½ C)	Leaf Spinach (½ C)	12-Grain Bread (1 Slice)	Rye Bread (1 Slice)	Green Beans (½ C)
Wheat Dinner Roll (1)	Dinner Roll (1)	Buttered Noodles (½ C)	Nectarine (1)	Wheat Challah (1 Slice)
Watermelon (½ C)	Orange (1)	Plum (1)	Margarine (1 tsp)	Grapes (½ C)
Calories: 693	Cherry Cake (1-2"X3")	Brownie (1-2")	Calories: 639	Margarine (1 tsp)
	Tartar Sauce (1 Packet)	Margarine (1 tsp)	Menu is subject to change.	Calories: 722
	Calories: 739	Calories: 604		
Season's Harvest	Season's Harvest	Season's Harvest	Season's Harvest	Season's Harvest
Creole Tilapia (4 oz)	Orange Glazed Chicken (4 oz)	Oven "Fried" Cod (4 oz)	Turkey Stir Fry with Turkey (4 oz), Carrots, Red Bell Peppers, and Onions (½ C)	Salmon Cake (4 oz) with Light Lemon Dill Sauce (1 oz)
Red Beans and Rice (½ C)	Scalloped Potatoes (½ C)	Oil and Vinegar Cole Slaw (½ C)	Confetti Brown Rice (½ C)	Mashed Potatoes (½ C)
Baby Carrots (½ C)	Stewed Tomatoes (½ C)	Cheese and Noodle Casserole (½ C)	12-Grain Bread (1 Slice)	Broccoli (½ C)
Rye Bread (1 Slice)	Whole Wheat Bread (1 Slice)	Whole Wheat Bread (1 Slice)	Nectarine (1)	Wheat Challah (1 Slice)
Orange (1)	Fresh Mixed Berries (½ C)	Watermelon (½ C)	Margarine (1 tsp)	Grapes (½ C)
Oatmeal Cookie (1-3")	Margarine (1 tsp)	Margarine (1 tsp)	Calories: 672	Margarine (1 tsp)
Calories: 698	Calories: 657	Calories: 685		Calories: 674