



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

November 17

BeWell

Pepper Steak (3 oz) with
Thin Gravy (1 oz) and
Green Peppers, Onions &
Tomatoes (½ C)
Barley (½ C)
Wheat Bread (1 Slice)
Fruit Cocktail (½ C)
Margarine (1 tsp)
Calories: 696

Season's Harvest

Salmon Patty (4 oz)
Cooked Spinach (½ C)
with Lemon Wedge
Wheat Bread (1 Slice)
Fruit Cocktail (½ C)
Tartar Sauce (1 Tbsp)
Calories: 684

Tuesday

November 18

BeWell

Chicken Breast (3 oz) with
Lemon Pepper Cream
Sauce (1 oz)
Gourmet Potatoes (½ C)
Broccoli Florets (½ C)
Multigrain Bread (1 Slice)
Watermelon (½ C)
Margarine (1 tsp)
Calories: 611

Season's Harvest

Chili (8 oz) with Ground
Beef, Beans, and Tomato
Broccoli Florets (½ C)
Corn Bread (1 Piece)
Watermelon (½ C)
Margarine (1 tsp)
Calories: 706

Wednesday

November 19

BeWell

Baked Tilapia (4 oz) with
Dill Sauce (1 oz)
Stewed Tomatoes &
Zucchini (½ C)
Confetti Brown Rice (½ C)
Orange (1)
Brownie (2" x 3")
Calories: 626

Season's Harvest

Beef Stroganoff (5 oz)
with Sauce (1 oz) and Egg
Noodles (½ C)
Green Beans (½ C)
Orange (1)
Brownie (2" X3")
Calories: 666

Thursday

November 20

BeWell

BBQ Beef (4 oz) with
Shredded Beef (3 oz) and a
Whole Wheat Bun (1)
Vinegar Potato Salad (½ C)
Carrots (½ C)
Cantaloupe (½ C)
Calories: 793

Menu is subject to change.

Season's Harvest

Chicken Shawarma (4 oz)
Israeli Salad (½ C)
Carrots (½ C)
Cantaloupe (½ C)
Wheat Pita (½ 6")
Cucumber Sauce (1 Tbsp)
Calories: 607

Friday

November 21

BeWell

Farfalle Pasta (½ C) with Meat
Sauce (8 oz) and Ground
Turkey (3 oz)
Mixed Green Salad (1 C) with
Romaine & Leaf Lettuce
(3/4 C), Peas (2 Tbsp), &
Chopped Radishes (2 Tbsp)
Wheat Challah (1 Slice)
Tangerine (1)
Light Italian Dressing (1 Tbsp)
Margarine (1 tsp)
Calories: 629

Season's Harvest

White Fish (4 oz) with Lemon
Pepper Seasoning (1 tsp)
Scalloped Potatoes (½ C)
Green Beans with Roasted Red
Pepper Strips (½ C)
Wheat Challah (1 Slice)
Tangerine (1)
Oatmeal Raisin Cookie (1-3")
Margarine (1 tsp)
Calories: 651