



**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

**December 1**

### BeWell

Stuffed Cabbage (5 oz) with  
Ground Beef (3 oz)  
Garlic Whipped Potatoes (½ C)  
Corn, Carrots, Peas, and Green  
Beans (½ C)  
Whole Wheat Bread (1 Slice)  
Nectarine (1)  
Margarine (1 tsp)  
Calories: 693

### Season's Harvest

Oven Fried Chicken Breast  
(4 oz) with Italian  
Breadcrumbs  
Spinach (½ C)  
Whole Wheat Bread (1 Slice)  
Fresh Mixed Berries (½ C)  
Margarine (1 tsp)  
Applesauce Cake (1-2"X3")  
Calories: 636

## Tuesday

**December 2**

### BeWell

Salmon (3 oz) with Tomato  
Basil Sauce  
Confetti Couscous (½ C)  
Spiced Red Cabbage (½ C)  
Rye Bread (1 Slice)  
Plum (1)  
Margarine (1 tsp)  
Calories: 673

### Season's Harvest

General Tso's Chicken  
with Chicken (3oz),  
Peppers, Onions, and  
Broccoli (½ C), and Brown  
Rice (½ C)  
Rye Bread (1 Slice)  
Plum (1)  
Calories: 663

## Wednesday

**December 3**

### BeWell

Turkey Light and Dark (3 oz)  
in Gravy (1 oz)  
Chive Scalloped Potatoes  
(½ C)  
Winter Squash Cubes (½ C)  
Wheat Bread (1 Slice)  
Fresh Mixed Berries (½ C)  
Calories: 630

### Season's Harvest

Tuna Patty (4 oz)  
Baked Potato (1)  
Summer Squash and Yellow  
Beans (½ C)  
Wheat Bread (1 Slice)  
Nectarine (1)  
Honey Mustard (1 Tbsp)  
Margarine (2 tsp)  
Calories: 698

## Thursday

**December 4**

### BeWell

Beef BBQ (3 oz) with Sauce  
(1 oz)  
Cole Slaw (½ C)  
Savory Potatoes (½ C)  
Wheat Sandwich Bun (1)  
Sliced Peaches (½ C)  
Calories: 797

Menu is subject to change.

### Season's Harvest

Mediterranean Salmon (4 oz)  
with Sauce (2 oz) Containing  
Cherry Tomatoes, Black  
Olives, and Fresh Spinach  
Whipped Yams (½ C)  
Broccoli, Cauliflower, and  
Carrots (½ C)  
Sliced Peaches (½ C)  
Wheat Bread (1 Slice)  
Calories: 681

## Friday

**December 5**

### BeWell

Baked Tilapia (4 oz)  
Cabbage and Noodles (½ C)  
Carrots (½ C)  
Wheat Challah (1 Slice)  
Tangerine (1)  
Margarine (1 tsp)  
Calories: 653

### Season's Harvest

Beef Fajita with Marinated Round  
Steak (3 oz), Sautéed Green  
Pepper, Mushrooms, and Onions  
(¼ C), and a Wheat Corn Tortilla  
(1-4")  
Carrots (½ C)  
Corn and Black Bean Salad (½ C)  
Tangerine (1)  
Oatmeal Cookies (2-2")  
Margarine (1 tsp)  
Calories: 719