



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
December 15 BeWell Tilapia (4 oz) with Tomatoes Scalloped Potatoes (½ C) Spinach (½ C) Dinner Roll (1) Watermelon and Cantaloupe Mix (½ C) Graham Crackers (2-2") Margarine (1 tsp) Calories: 639 Season's Harvest Beef Chili with Beans (8 oz) Parsley Potatoes (½ C) Dinner Roll (1) Watermelon and Cantaloupe Mix (½ C) Margarine (1 tsp) Calories: 757 Menu is subject to change.	December 16 BeWell Roast Beef (3 oz) with Thin Gravy (1 oz) Lemon Potatoes (½ C) Broccoli, Cauliflower, and Carrots (½ C) Wheat Bread (1 Slice) Grapes (½ C) Calories: 713 Season's Harvest Chicken Shawarma (4 oz) Swiss Chard (½ C) Small Baked Yam (1) Whole Wheat Bread (1) Grapes (½ C) Margarine (1 tsp) Calories: 660	December 17 BeWell Turkey Light and Dark (3 oz) with Gravy (1 oz) Stewed Tomatoes and Zucchini (½ C) Mashed Potatoes (½ C) Multi Grain Bread (1 Slice) Nectarine (1) Margarine (1 tsp) Calories: 698 Season's Harvest Fish Taco with Cod (4 oz), Salsa (1 Tbsp), Diced Avocado (2 Tbsp), and a Wheat Tortilla (6") Corn, Black Beans, and Red Pepper (½ C) Nectarine (1) Graham Crackers (2-2") Light Tartar Sauce (1 Tbsp) Calories: 646	December 18 BeWell Penne (½ C) with Meat Sauce (8 oz) with Ground Beef (3 oz) Salad with Red and Green Leaf Lettuce (¾ C), Green Pepper (2 Tbsp) and Chopped Tomatoes (2 Tbsp) Banana (1) Light Ranch Dressing (1 Tbsp) Calories: 705 Season's Harvest Cod (4 oz) with Florentine Sauce (1 oz) Peas (½ C) O'Brien Potatoes (½ C) Whole Wheat Dinner Roll (1) Mixed Fresh Berries (½ C) Oatmeal Cookie (1-2") Margarine (1 tsp) Calories: 653	December 19 BeWell Creole Chicken (3 oz) with Sauce (2 oz) Sliced Carrots (½ C) Brown Rice (½ C) Wheat Challah (1 Slice) Mixed Fresh Berries (½ C) Brownie (1-2X2") Margarine (1 tsp) Calories: 724 Season's Harvest Chicken Dinner Salad with Chicken (4 oz), Red Leaf and Romaine Lettuce (¾ C), Green Peppers (2 Tbsp), and Chopped Tomatoes (2 Tbsp) Cucumbers and Sour Cream (½ C) Wheat Challah (1 Slice) Banana (1) Light Italian Dressing (2 Tbsp) Margarine (1 tsp) Calories: 638