



**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                                                           |
|-----------------------------------|--------------------------------------|-----------------------------------|---------------------------------------------------------------------------------|------------------------------------------------------------------|
| <b>December 8</b>                 | <b>December 9</b>                    | <b>December 10</b>                | <b>December 11</b>                                                              | <b>December 12</b>                                               |
| <b>BeWell</b>                     | <b>BeWell</b>                        | <b>BeWell</b>                     | <b>BeWell</b>                                                                   | <b>BeWell</b>                                                    |
| 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                     |                                                                                 |                                                                  |
| <b>Season's Harvest</b>           | <b>Season's Harvest</b>              | <b>Season's Harvest</b>           | <b>Season's Harvest</b>                                                         | <b>Season's Harvest</b>                                          |
| 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                                                    |