



**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 29

### 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

December 30

### BeWell

Chicken Breast (3 oz) with  
Lemon Pepper Cream  
Sauce (1 oz)

Gourmet Potatoes (½ C)

Broccoli Florets (½ C)

Multigrain Bread (1 Slice)

Apple (1)

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)

Apple (1)

Margarine (1 tsp)

Calories: 706

## Wednesday

December 31

### 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

Menu is subject to change.

### 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

January 1

**HAPPY  
NEW  
YEAR!**

**AgeWell at the  
JCC is CLOSED for  
New Year's Day.**

**Reserve your  
lunch for Friday,  
January 2<sup>nd</sup> by  
4PM on  
Wednesday,  
December 31<sup>st</sup>.**

**2026!**

## Friday

January 2

### 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