



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
January 12 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) Apricots (½ C) 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) Apricots (½ C) Margarine (1 tsp) Applesauce Cake (1-2"X3") Calories: 636	January 13 BeWell Salmon (3 oz) with Tomato Basil Sauce Confetti Couscous (½ C) Spiced Red Cabbage (½ C) Rye Bread (1 Slice) Apple (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) Apple (1) Calories: 663	January 14 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) Orange (1) Calories: 630 Season's Harvest Tuna Patty (4 oz) Baked Potato (1) Summer Squash and Yellow Beans (½ C) Wheat Bread (1 Slice) Orange (1) Honey Mustard (1 Tbsp) Margarine (2 tsp) Calories: 698	January 15 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 <div>Menu is subject to change.</div> 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) Margarine (1 tsp) Calories: 681	January 16 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