



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

January 19



**AgeWell at the
JCC is CLOSED for
Martin Luther
King Jr. Day.**

**Reserve your
lunch for Tuesday,
January 20th by
4PM on Friday,
January 16th.**



Tuesday

January 20

BeWell

Baked White Fish with
Paprika (4 oz)
Roasted Potatoes (½ C)
Leaf Spinach (½ C)
Dinner Roll (1)
Tropical Fruit Mix (½ C)
Cherry Cake (1-2"X3")
Tartar Sauce (1 Packet)
Calories: 739

Season's Harvest

Orange Glazed Chicken
(4 oz)
Scalloped Potatoes (½ C)
Stewed Tomatoes (½ C)
Whole Wheat Bread
(1 Slice)
Tropical Fruit Mix (½ C)
Margarine (1 tsp)
Calories: 657

Wednesday

January 21

BeWell

Vegetable Stuffed Pepper
(5 oz)
Broccoli Florets (½ C)
12-Grain Bread (1 Slice)
Buttered Noodles (½ C)
Apple (1)
Brownie (1-2")
Margarine (1 tsp)
Calories: 604

Season's Harvest

Oven "Fried" Cod (4 oz)
Oil and Vinegar Cole Slaw
(½ C)
Cheese and Noodle
Casserole (½ C)
Whole Wheat Bread
(1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 685

Thursday

January 22

BeWell

Tuna Noodle Casserole (1 C)
Beets (½ C)
Rye Bread (1 Slice)
Grapes (½ C)
Margarine (1 tsp)
Calories: 639

Menu is subject to change.

Season's Harvest

Turkey Stir Fry with
Turkey (4 oz), Carrots, Red
Bell Peppers, and Onions
(½ C)
Confetti Brown Rice (½ C)
12-Grain Bread (1 Slice)
Grapes (½ C)
Margarine (1 tsp)
Calories: 672

Friday

January 23

BeWell

Meatballs (2-2oz) with
Reduced Sodium General
Tso's Sauce (1 oz)
Chive Baked Potatoes (½ C)
Green Beans (½ C)
Wheat Challah (1 Slice)
Banana
Oatmeal Cookie (2")
Margarine (1 tsp)
Calories: 722

Season's Harvest

Salmon Cake (4 oz) with
Light Lemon Dill Sauce
(1 oz)
Mashed Potatoes (½ C)
Broccoli (½ C)
Wheat Challah (1 Slice)
Banana
Margarine (1 tsp)
Calories: 674