



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 26

BeWell

Tilapia (4 oz) with
Tomatoes
Scalloped Potatoes (½ C)
Spinach (½ C)
Dinner Roll (1)
Fruit Cocktail (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)
Fruit Cocktail (½ C)
Margarine (1 tsp)
Calories: 757

Menu is subject to change.

Tuesday

January 27

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

Wednesday

January 28

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)
Tangerine (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)
Tangerine (1)
Graham Crackers (2-2")
Light Tartar Sauce (1 Tbsp)
Calories: 646

Thursday

January 29

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)
Orange (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)
Orange (1)
Oatmeal Cookie (1-2")
Margarine (1 tsp)
Calories: 653

Friday

January 30

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