



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 22

BeWell

Baked White Fish with
Paprika (4 oz)
Scalloped Potatoes (½ C)
Broccoli, Cauliflower, and
Carrots (½ C)
Whole Wheat Dinner Roll
(1)
Nectarine (1)
Tartar Sauce (1 Packet)
Calories: 649

Season's Harvest

Four Cheese Pasta Bake (1 C)
Salad with Leaf Lettuce (¾C),
Green Peppe (2 Tbsp),
Chopped Tomatoes (2 Tbsp)
Light Italian Dressing (1 Tbsp)
Whole Wheat Dinner Roll (1)
Nectarine (1)
Chocolate Chip Cookie (1-3")
Margarine (1 tsp)
Calories: 691

Tuesday

December 23

BeWell

Chicken Cacciatore with
Boneless Chicken (3 oz)
and Sauce (2 oz)
Haluski (½ C)
Beet Wedges (½ C)
Whole Wheat Bread
(1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 659

Season's Harvest

Teriyaki Salmon (4 oz)
with Sauce (1 oz)
Mashed Potatoes (½ C)
Carrot Slices (½ C)
Whole Wheat Bread
(1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 726

Wednesday

December 24

BeWell

Pot Roast (3 oz) with
Gravy (1 Tbsp)
Whipped Yams (½ C)
Leaf Spinach (½ C)
Whole Wheat Dinner Roll
(1)
Orange (1)
Calories: 750

Menu is subject to change.

Season's Harvest

Turkey (4 oz) with Gravy
(1 oz)
Whipped Yams (½ C)
Spinach (½ C)
Whole Wheat Dinner Roll
(1)
Orange (1)
Margarine (1 tsp)
Calories: 673

Thursday

December 25

BeWell

Tuna Noodle Casserole (1 C)
Midori Blend Vegetables
(½ C)
Plum (1)
Banana Cake with
Powdered Sugar Dusting
(2"X3")
Calories: 716

Season's Harvest

Stir-Fry with Cubed Chicken
(3 oz), Broccoli, Red Onion,
Carrots, Sauce (1 oz), and
Brown Rice (½ C)
Midori Blend Vegetables
(½ C)
Plum (1)
Banana Cake with
Powdered Sugar Dusting
(2"X3")
Calories: 692

Friday

December 26

BeWell

Open Face Hot Beef (3 oz)
Sandwich with Gravy (1 oz)
Sweet & Sour Coleslaw
(½ C)
Mashed Potatoes (½ C)
Wheat Challah (1 Slice)
Cantaloupe (½ C)
Calories: 757

Season's Harvest

Spiral Pasta with Meat
Sauce (1 C)
Yellow Beans and Squash
(½ C)
Wheat Challah (1 Slice)
Cantaloupe (½ C)
Margarine (1 tsp)
Calories: 658