



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)

Watermelon (½ C)

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)

Watermelon (½ C)

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 2nd by
4PM on
Wednesday,
December 31st.**

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