



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 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)
Nectarine (1)
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)
Fresh Mixed Berries (½ C)
Margarine (1 tsp)
Applesauce Cake (1-2"X3")
Calories: 636

Tuesday

January 13

BeWell

Salmon (3 oz) with Tomato
Basil Sauce
Confetti Couscous (½ C)
Spiced Red Cabbage (½ C)
Rye Bread (1 Slice)
Plum (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)
Plum (1)
Calories: 663

Wednesday

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)
Fresh Mixed Berries (½ C)
Calories: 630

Season's Harvest

Tuna Patty (4 oz)
Baked Potato (1)
Summer Squash and Yellow
Beans (½ C)
Wheat Bread (1 Slice)
Nectarine (1)
Honey Mustard (1 Tbsp)
Margarine (2 tsp)
Calories: 698

Thursday

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

Menu is subject to change.

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

Friday

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