



**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	Tuesday	Wednesday	Thursday	Friday
January 5	January 6	January 7	January 8	January 9
<b>BeWell</b>	<b>BeWell</b>	<b>BeWell</b>	<b>BeWell</b>	<b>BeWell</b>
Oven Fried Cod (4 oz) Sandwich with Whole Wheat Sandwich Bun (1) Coleslaw (½ C) Stewed Tomatoes and Zucchini (½ C) Plum (1) Margarine (1 tsp) Calories: 627	White Turkey Chili (1 C) with Turkey, White Beans, and Corn Baked Butternut Squash Cubes (½ C) Brown Rice (½ C) Dinner Roll (1) Fresh Berries (½ C) Margarine (1 tsp) Calories: 632	Swiss Steak (4 oz) with Thin Gravy (1 oz) Scalloped Potatoes (½ C) Italian Green Beans (½ C) Whole Wheat Bread (1 Slice) Fresh Mixed Melons (½ C) Calories: 734	Hamburger (3 oz) on a Sandwich Bun Savory Potatoes (½ C) Tossed Salad with Romaine and Leaf Lettuce (¾), Cherry Tomatoes (3), and Cucumber (3 Slices) Tropical Mixed Fruit (½ C) Mustard (1 packet) Calories: 722	Chicken Breast (4 oz) with Mushroom Gravy Roasted Potatoes (½ C) Broccoli Florets (½ C) Wheat Challah (1 Slice) Banana (1) Margarine (1 tsp) Calories: 681
<b>Season's Harvest</b>	<b>Season's Harvest</b>	<b>Season's Harvest</b>	<b>Season's Harvest</b>	<b>Season's Harvest</b>
Chicken Breast (4 oz) with Gravy (2 oz) Whipped Potatoes (½ C) Broccoli, Cauliflower, and Carrots (½ C) Bread Stuffing (½ C) Plum (1) Calories: 642	Salmon (4 oz) with Apricot Ginger Glaze Peas and Carrots (½ C) Brown Rice (½ C) Dinner Roll (1) Fresh Berries (½ C) Margarine (1 tsp) Calories: 644	Tofu Chickpea Cauliflower Curry (½ C) Sliced Beets (½ C) Wheat Bread (1 Slice) Fresh Mixed Melons (½ C) Margarine (1 tsp) Calories: 707 <div>Menu is subject to change.</div>	Rotisserie Chicken Leg and Thigh (5 oz) Coleslaw (½ C) Savory Potatoes (½ C) Dinner Roll (1) Tropical Mixed Fruit (½ C) Margarine (1 tsp) Calories: 610	Cod Provençal (4 oz) with Sauce (2 Tbsp) Confetti Couscous (½ C) Broccoli Florets (½ C) Wheat Challah (1 Slice) Banana (1) Margarine (1 tsp) Calories: 625