



**AgeWell**  
at the JCC

**KOSHER**  
by ALADDIN

**11AM - 1PM**

RSVP by 4PM the business  
day before your visit.

**412-567-1715**

*Calling after 4PM  
does not guarantee  
a meal.*

## Monday

**February 16**

### BeWell

Oven Fried Cod (4 oz)  
Sandwich with Whole  
Wheat Sandwich Bun (1)

Coleslaw (½ C)

Stewed Tomatoes and  
Zucchini (½ C)

Apple (1)

Margarine (1 tsp)

Calories: 627

### Season's Harvest

Chicken Breast (4 oz) with  
Gravy (2 oz)

Whipped Potatoes (½ C)

Broccoli, Cauliflower, and  
Carrots (½ C)

Bread Stuffing (½ C)

Apple (1)

Calories: 642

## Tuesday

**February 17**

### BeWell

White Turkey Chili (1 C)  
with Turkey, White Beans,  
and Corn

Baked Butternut Squash  
Cubes (½ C)

Brown Rice (½ C)

Dinner Roll (1)

Orange (1)

Margarine (1 tsp)

Calories: 632

### Season's Harvest

Salmon (4 oz) with  
Apricot Ginger Glaze

Peas and Carrots (½ C)

Brown Rice (½ C)

Dinner Roll (1)

Orange (1)

Margarine (1 tsp)

Calories: 644

## Wednesday

**February 18**

### BeWell

Swiss Steak (4 oz) with  
Thin Gravy (1 oz)

Scalloped Potatoes (½ C)

Italian Green Beans (½ C)

Whole Wheat Bread  
(1 Slice)

Tangerine (1)

Calories: 734

### Season's Harvest

Tofu Chickpea  
Cauliflower Curry (½ C)

Sliced Beets (½ C)

Wheat Bread (1 Slice)

Tangerine (1)

Margarine (1 tsp)

Calories: 707

## Thursday

**February 19**

### BeWell

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

### Season's Harvest

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

## Friday

**February 20**

### BeWell

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

### Season's Harvest

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

Menu is subject to change.