



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

Menu is subject to change.