



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 2 BeWell

Baked White Fish with
Paprika (4 oz)
Scalloped Potatoes (½ C)
Broccoli, Cauliflower,
and Carrots (½ C)
Whole Wheat Dinner
Roll (1)
Apricots (½ C)
Tartar Sauce (1 Packet)
Calories: 649

Season's Harvest

Four Cheese Pasta Bake (1 C)
Salad with Leaf Lettuce (¾C),
Green Pepper (2 Tbsp),
Chopped Tomatoes (2 Tbsp)
Light Italian Dressing (1 Tbsp)
Whole Wheat Dinner Roll (1)
Apricots (½ C)
Chocolate Chip Cookie (1-3")
Margarine (1 tsp)
Calories: 691

Tu Bishvat



Tuesday

February 3 BeWell

Chicken Cacciatore with
Boneless Chicken (3 oz)
and Sauce (2 oz)
Haluski (½ C)
Beet Wedges (½ C)
Whole Wheat Bread
(1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 659

Season's Harvest

Teriyaki Salmon (4 oz)
with Sauce (1 oz)
Mashed Potatoes (½ C)
Carrot Slices (½ C)
Whole Wheat Bread
(1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 726

Wednesday

February 4 BeWell

Pot Roast (3 oz) with
Gravy (1 Tbsp)
Whipped Yams (½ C)
Leaf Spinach (½ C)
Whole Wheat Dinner
Roll (1)
Orange (1)
Calories: 750

Menu is subject to change.

Season's Harvest

Turkey (4 oz) with Gravy
(1 oz)
Whipped Yams (½ C)
Spinach (½ C)
Whole Wheat Dinner
Roll (1)
Orange (1)
Margarine (1 tsp)
Calories: 673

Thursday

February 5 BeWell

Tuna Noodle Casserole
(1C)
Midori Blend Vegetables
(½ C)
Pears (½ C)
Banana Cake with
Powdered Sugar Dusting
(2"X3")
Calories: 716

Season's Harvest

Chicken (3 oz) Stir Fry
with Broccoli, Red
Onion, and Carrots, and
Sauce (1 oz)
Midori Blend Vegetables
(½ C)
Brown Rice (½ C)
Pears (½ C)
Banana Cake with
Powdered Sugar Dusting
(2"X3")
Calories: 692

Friday

February 6

**AgeWell at the
JCC is CLOSED
for Staff Care
Day.**

**Reserve your
lunch for
Monday,
February 9th by
4PM on
Thursday,
February 5th.**

