



**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



## 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 9<sup>th</sup> by 4PM on Thursday, February 5th.**

