



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 23

BeWell

Stuffed Cabbage (5 oz) with Ground Beef (3 oz)
Garlic Whipped Potatoes (½ C)
Corn, Carrots, Peas, and Green Beans (½ C)
Whole Wheat Bread (1 Slice)
Apricots (½ C)
Margarine (1 tsp)
Calories: 693

Season's Harvest

Oven Fried Chicken Breast (4 oz) with Italian Breadcrumbs
Spinach (½ C)
Whole Wheat Bread (1 Slice)
Apricots (½ C)
Margarine (1 tsp)
Applesauce Cake (1-2"X3")
Calories: 636

Tuesday

February 24

BeWell

Salmon (3 oz) with Tomato Basil Sauce
Confetti Couscous (½ C)
Spiced Red Cabbage (½ C)
Rye Bread (1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 673

Season's Harvest

General Tso's Chicken with Chicken (3oz), Peppers, Onions, and Broccoli (½ C), and Brown Rice (½ C)
Rye Bread (1 Slice)
Apple (1)
Calories: 663

Menu is subject to change.

Wednesday

February 25

BeWell

Turkey Light and Dark (3 oz) in Gravy (1 oz)
Chive Scalloped Potatoes (½ C)
Winter Squash Cubes (½ C)
Wheat Bread (1 Slice)
Orange (1)
Calories: 630

Season's Harvest

Tuna Patty (4 oz)
Baked Potato (1)
Summer Squash and Yellow Beans (½ C)
Wheat Bread (1 Slice)
Orange (1)
Honey Mustard (1 Tbsp)
Margarine (2 tsp)
Calories: 698

Thursday

February 26

BeWell

Beef BBQ (3 oz) with Sauce (1 oz)
Cole Slaw (½ C)
Savory Potatoes (½ C)
Wheat Sandwich Bun (1)
Sliced Peaches (½ C)
Calories: 797

Season's Harvest

Mediterranean Salmon (4 oz) with Sauce (2 oz) Containing Cherry Tomatoes, Black Olives, and Fresh Spinach
Whipped Yams (½ C)
Broccoli, Cauliflower, and Carrots (½ C)
Sliced Peaches (½ C)
Wheat Bread (1 Slice)
Margarine (1 tsp)
Calories: 681

Friday

February 27

BeWell

Baked Tilapia (4 oz)
Cabbage and Noodles (½ C)
Carrots (½ C)
Wheat Challah (1 Slice)
Tangerine (1)
Margarine (1 tsp)
Calories: 653

Season's Harvest

Beef Fajita with Marinated Round Steak (3 oz), Sautéed Green Pepper, Mushrooms, Onions (¼ C), and a Wheat Corn Tortilla (1-4")
Carrots (½ C)
Corn and Black Bean Salad (½ C)
Tangerine (1)
Oatmeal Cookies (2-2")
Margarine (1 tsp)
Calories: 719