



**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 9 BeWell

Pepper Steak (3 oz) with Thin Gravy (1 oz) and Green Peppers, Onions & Tomatoes (½ C)  
Barley (½ C)  
Wheat Bread (1 Slice)  
Fruit Cocktail (½ C)  
Margarine (1 tsp)  
Calories: 696

### Season's Harvest

Salmon Patty (4 oz)  
Cooked Spinach (½ C) with Lemon Wedge  
Wheat Bread (1 Slice)  
Fruit Cocktail (½ C)  
Tartar Sauce (1 Tbsp)  
Calories: 684

## Tuesday

### February 10 BeWell

Chicken Breast (3 oz) with Lemon Pepper Cream Sauce (1 oz)  
Gourmet Potatoes (½ C)  
Broccoli Florets (½ C)  
Multigrain Bread (1 Slice)  
Apple (1)  
Margarine (1 tsp)  
Calories: 611

### Season's Harvest

Chili (8 oz) with Ground Beef, Beans, and Tomato  
Broccoli Florets (½ C)  
Corn Bread (1 Piece)  
Apple (1)  
Margarine (1 tsp)  
Calories: 706

## Wednesday

### February 11 BeWell

Baked Tilapia (4 oz) with Dill Sauce (1 oz)  
Stewed Tomatoes & Zucchini (½ C)  
Confetti Brown Rice (½ C)  
Orange (1)  
Brownie (2" x 3")  
Calories: 626

### Season's Harvest

Beef Stroganoff (5 oz) with Sauce (1 oz) and Egg Noodles (½ C)  
Green Beans (½ C)  
Orange (1)  
Brownie (2" X3")  
Calories: 666

## Thursday

### February 12 BeWell

BBQ Beef (4 oz) on a Whole Wheat Sandwich Bun  
Vinegar Potato Salad (½ C)  
Carrots (½ C)  
Mandarin Oranges and Pineapples (½ C)  
Calories: 793

### Season's Harvest

Chicken Shawarma (4oz) with Wheat Pita (½ 6") and Cucumber Sauce (1 Tbsp)  
Israeli Salad (½ C)  
Carrots (½ C)  
Mandarin Oranges and Pineapples (½ C)  
Calories: 642

## Friday

### February 13 BeWell

Farfalle Pasta (½ C) with Meat Sauce (8 oz) and Ground Turkey (3 oz)  
Mixed Green Salad (1 C) with Romaine & Leaf Lettuce (3/4 C), Peas (2 Tbsp), & Chopped Radishes (2 Tbsp)  
Wheat Challah (1 Slice)  
Tangerine (1)  
Light Italian Dressing (1 Tbsp)  
Margarine (1 tsp)  
Calories: 629

### Season's Harvest

White Fish (4 oz) with Lemon Pepper Seasoning (1 tsp)  
Scalloped Potatoes (½ C)  
Green Beans with Roasted Red Pepper Strips (½ C)  
Wheat Challah (1 Slice)  
Tangerine (1)  
Oatmeal Raisin Cookie (1-3")  
Margarine (1 tsp)  
Calories: 651

Menu is subject to change.