



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

