



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