



**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 (½ 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