



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

Menu is subject to change.

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 (¾ 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