



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.