



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

March 2
BeWell

Meatloaf (4 oz) with Gravy
(1 oz)
Cauliflower and Carrots
(½ C)
Glazed Yams (½ C)
Wheat Dinner Roll (1)
Watermelon (½ C)
Calories: 693

Season's Harvest

Creole Tilapia (4 oz)
Red Beans and Rice (½ C)
Baby Carrots (½ C)
Rye Bread (1 Slice)
Orange (1)
Oatmeal Cookie (1-3")
Calories: 698

Tuesday

March 3
BeWell

Baked White Fish with
Paprika (4 oz)
Roasted Potatoes (½ C)
Leaf Spinach (½ C)
Dinner Roll (1)
Tropical Fruit Mix (½ C)
Cherry Cake (1-2"X3")
Tartar Sauce (1 Packet)
Calories: 739

Season's Harvest

Orange Glazed Chicken
(4 oz)
Scalloped Potatoes (½ C)
Stewed Tomatoes (½ C)
Whole Wheat Bread (1
Slice)
Tropical Fruit Mix (½ C)
Margarine (1 tsp)
Calories: 657

Wednesday

March 4
BeWell

Vegetable Stuffed
Pepper (5 oz)
Broccoli Florets (½ C)
12-Grain Bread (1 Slice)
Buttered Noodles (½ C)
Apple (1)
Brownie (1-2")
Margarine (1 tsp)
Calories: 604

Season's Harvest

Oven "Fried" Cod (4 oz)
Oil and Vinegar Cole
Slaw (½ C)
Cheese and Noodle
Casserole (½ C)
Whole Wheat Bread (1
Slice)
Apple (1)
Margarine (1 tsp)
Calories: 685

Thursday

March 5
BeWell

Tuna Noodle Casserole
(1 C)
Beets (½ C)
Rye Bread (1 Slice)
Grapes (½ C)
Margarine (1 tsp)
Calories: 639

Season's Harvest

Turkey Stir Fry with
Turkey (4 oz), Carrots,
Red Bell Peppers, and
Onions (½ C)
Confetti Brown Rice (½ C)
12-Grain Bread (1 Slice)
Grapes (½ C)
Margarine (1 tsp)
Calories: 672

Menu is subject to change.

Friday

March 6
BeWell

Meatballs (2-2oz) with
Reduced Sodium General
Tso's Sauce (1 oz)
Chive Baked Potatoes (½ C)
Green Beans (½ C)
Wheat Challah (1 Slice)
Banana Oatmeal Cookie
(1-2")
Margarine (1 tsp)
Calories: 722

Season's Harvest

Salmon Cake (4 oz) with
Light Lemon Dill Sauce
(1 oz)
Mashed Potatoes (½ C)
Broccoli (½ C)
Wheat Challah (1 Slice)
Banana (1)
Margarine (1 tsp)
Calories: 674



Happy Purim!

