



**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 9**  
**BeWell**

Tilapia (4 oz) with  
Tomatoes  
Scalloped Potatoes (½ C)  
Spinach (½ C)  
Dinner Roll (1)  
Fruit Cocktail (½ C)  
Graham Crackers (2-2")  
Margarine (1 tsp)  
Calories: 639

### Season's Harvest

Beef Chili with Beans  
(8 oz)  
Parsley Potatoes (½ C)  
Dinner Roll (1)  
Fruit Cocktail (½ C)  
Margarine (1 tsp)  
Calories: 757

Menu is subject to change.

## Tuesday

**March 10**  
**BeWell**

Roast Beef (3 oz) with  
Thin Gravy (1 oz)  
Lemon Potatoes (½ C)  
Broccoli, Cauliflower,  
and Carrots (½ C)  
Wheat Bread (1 Slice)  
Grapes (½ C)  
Calories: 713

### Season's Harvest

Chicken Shawarma  
(4 oz)  
Swiss Chard (½ C)  
Small Baked Yam (1)  
Whole Wheat Bread  
(1)  
Grapes (½ C)  
Margarine (1 tsp)  
Calories: 660

## Wednesday

**March 11**  
**BeWell**

Turkey Light and Dark  
(3 oz) with Gravy (1 oz)  
Stewed Tomatoes and  
Zucchini (½ C)  
Mashed Potatoes (½ C)  
Multi Grain Bread (1 Slice)  
Tangerine (1)  
Margarine ( 1 tsp)  
Calories: 698

### Season's Harvest

Fish Taco with Cod  
(4 oz), Salsa (1 Tbsp),  
Diced Avocado (2 Tbsp),  
and a Wheat Tortilla (6")  
Corn, Black Beans, and  
Red Pepper (½ C)  
Tangerine (1)  
Graham Crackers (2-2")  
Light Tartar Sauce  
(1 Tbsp)  
Calories: 646

## Thursday

**March 12**  
**BeWell**

Penne (½ C) with Meat Sauce  
(8 oz) with Ground Beef  
(3 oz)  
Salad with Red and Green  
Leaf Lettuce (¾ C), Green  
Pepper (2 Tbsp) and  
Chopped Tomatoes (2 Tbsp)  
Orange (1)  
Light Ranch Dressing (1 Tbsp)  
Calories: 705

### Season's Harvest

Cod (4 oz) with Florentine  
Sauce (1 oz)  
Peas (½ C)  
O'Brien Potatoes (½ C)  
Whole Wheat Dinner Roll  
(1)  
Orange (1)  
Oatmeal Cookie (1-2")  
Margarine (1 tsp)  
Calories: 653

## Friday

**March 13**  
**BeWell**

Creole Chicken (3 oz) with  
Sauce (2 oz)  
Sliced Carrots (½ C)  
Brown Rice (½ C)  
Wheat Challah (1 Slice)  
Mixed Fresh Berries (½ C)  
Brownie (1-2X2")  
Margarine (1 tsp)  
Calories: 724

### Season's Harvest

Chicken Dinner Salad with  
Chicken (4 oz), Red Leaf and  
Romaine Lettuce (¾ C),  
Green Peppers (2 Tbsp), and  
Chopped Tomatoes (2 Tbsp)  
Cucumbers and Sour Cream  
(½ C)  
Wheat Challah (1 Slice)  
Banana (1)  
Light Italian Dressing  
(2 Tbsp)  
Margarine (1 tsp)  
Calories: 638