



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

**April 20
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

**April 21
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 Slice)
Grapes (½ C)
Margarine (1 tsp)
Calories: 660

Wednesday

**April 22
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

**April 23
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

**April 24
BeWell**

Creole Chicken (3 oz) with
Sauce (2 oz)
Sliced Carrots (½ C)
Brown Rice (½ C)
Wheat Challah (1 Slice)
Banana (1)
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