



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 6
BeWell

Baked White Fish (4 oz)
with Lemon Sauce
(2 Tbsp)
Mashed Potatoes (½ C)
Carrots (½ C)
Matzah (1)
Apple (1)
Margarine (1 tsp)

Tuesday

April 7
BeWell

Beef Tips (3 oz) with Thin
Gravy (1 oz)
Broccoli (½ C)
Roasted Potatoes (½ C)
1 Matzah
Melon (½ C)
1 tsp Margarine

Menu is subject to change.

Wednesday

April 8

**AgeWell at the
JCC is CLOSED on
April 8th for
Passover.**

**Reserve your
lunch for
Thursday,
April 9th by 4PM
on Tuesday,
April 7th.**

Thursday

April 9
BeWell

Beef BBQ (3 oz) with Sauce
(1 oz)
Cole Slaw (½ C)
Savory Potatoes (½ C)
Wheat Sandwich Bun (1)
Sliced Peaches (½ C)
Calories: 797

Season's Harvest

Mediterranean Salmon
(4 oz) with Sauce (2 oz)
Containing Cherry
Tomatoes, Black Olives, and
Fresh Spinach
Whipped Yams (½ C)
Broccoli, Cauliflower, and
Carrots (½ C)
Sliced Peaches (½ C)
Wheat Bread (1 Slice)
Margarine (1 tsp)
Calories: 681

Friday

April 10
BeWell

Baked Tilapia (4 oz)
Cabbage and Noodles
(½ C)
Carrots (½ C)
Wheat Challah (1 Slice)
Tangerine (1)
Margarine (1 tsp)
Calories: 653

Season's Harvest

Beef Fajita with Marinated
Round Steak (3 oz),
Sautéed Green Pepper,
Mushrooms, Onions (¼ C),
and a Wheat Corn Tortilla
(1-4")
Carrots (½ C)
Corn and Black Bean Salad
(½ C)
Tangerine (1)
Oatmeal Cookies (2-2")
Margarine (1 tsp)
Calories: 719

**Passover Menu: There will only be one menu
option April 6th-8th.**

