



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 16
BeWell**

Baked White Fish with Paprika (4 oz)
Scalloped Potatoes (½ C)
Broccoli, Cauliflower, and Carrots (½ C)
Whole Wheat Dinner Roll (1)
Apricots (½ C)
Tartar Sauce (1 Packet)
Calories: 649

Season's Harvest

Four Cheese Pasta Bake (1 C)
Salad with Leaf Lettuce (¾C), Green Pepper (2 Tbsp), Chopped Tomatoes (2 Tbsp)
Light Italian Dressing (1 Tbsp)
Whole Wheat Dinner Roll (1)
Apricots (½ C)
Chocolate Chip Cookie (1-3")
Margarine (1 tsp)
Calories: 691

Tuesday

**March 17
BeWell**

Chicken Cacciatore with Boneless Chicken (3 oz) and Sauce (2 oz)
Haluski (½ C)
Beet Wedges (½ C)
Whole Wheat Bread (1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 659

Season's Harvest

Teriyaki Salmon (4 oz) with Sauce (1 oz)
Mashed Potatoes (½ C)
Carrot Slices (½ C)
Whole Wheat Bread (1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 726

Wednesday

**March 18
BeWell**

Pot Roast (3 oz) with Gravy (1 Tbsp)
Whipped Yams (½ C)
Leaf Spinach (½ C)
Whole Wheat Dinner Roll (1)
Orange (1)
Calories: 750

Menu is subject to change.

Season's Harvest

Turkey (4 oz) with Gravy (1 oz)
Whipped Yams (½ C)
Spinach (½ C)
Whole Wheat Dinner Roll (1)
Orange (1)
Margarine (1 tsp)
Calories: 673

Thursday

**March 19
BeWell**

Tuna Noodle Casserole (1C)
Midori Blend Vegetables (½ C)
Pears (½ C)
Banana Cake with Powdered Sugar Dusting (2"X3")
Calories: 716

Season's Harvest

Chicken (3 oz) Stir Fry with Broccoli, Red Onion, and Carrots, and Sauce (1 oz)
Midori Blend Vegetables (½ C)
Brown Rice (½ C)
Pears (½ C)
Banana Cake with Powdered Sugar Dusting (2"X3")
Calories: 692

Friday

**March 20
BeWell**

Open Face Hot Beef (3 oz) Sandwich with Gravy (1 oz) and Wheat Challah (1 Slice)
Sweet and Sour Coleslaw (½ C)
Mashed Potatoes (½ C)
Cantaloupe (½ C)
Calories: 757

Season's Harvest

Spiral Pasta with Meat Sauce (1C)
Yellow Beans and Yellow Squash (½ C)
Cantaloupe (½ C)
Wheat Challah (1 Slice)
Margarine (1 tsp)
Calories: 658