



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 23
BeWell**

Pepper Steak (3 oz) with Thin Gravy (1 oz) and Green Peppers, Onions & Tomatoes (½ C)
Barley (½ C)
Wheat Bread (1 Slice)
Fruit Cocktail (½ C)
Margarine (1 tsp)
Calories: 696

Season's Harvest

Salmon Patty (4 oz)
Cooked Spinach (½ C) with Lemon Wedge
Wheat Bread (1 Slice)
Fruit Cocktail (½ C)
Tartar Sauce (1 Tbsp)
Calories: 684

Tuesday

**March 24
BeWell**

Chicken Breast (3 oz) with Lemon Pepper Cream Sauce (1 oz)
Gourmet Potatoes (½ C)
Broccoli Florets (½ C)
Multigrain Bread (1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 611

Season's Harvest

Chili (8 oz) with Ground Beef, Beans, and Tomato
Broccoli Florets (½ C)
Corn Bread (1 Piece)
Apple (1)
Margarine (1 tsp)
Calories: 706

Menu is subject to change.

Wednesday

**March 25
BeWell**

Baked Tilapia (4 oz) with Dill Sauce (1 oz)
Stewed Tomatoes & Zucchini (½ C)
Confetti Brown Rice (½ C)
Orange (1)
Brownie (2" x 3")
Calories: 626

Season's Harvest

Beef Stroganoff (5 oz) with Sauce (1 oz) and Egg Noodles (½ C)
Green Beans (½ C)
Orange (1)
Brownie (2" X3")
Calories: 666

Thursday

**March 26
BeWell**

BBQ Beef (4 oz) on a Whole Wheat Sandwich Bun
Vinegar Potato Salad (½ C)
Carrots (½ C)
Mandarin Oranges and Pineapples (½ C)
Calories: 793

Season's Harvest

Chicken Shawarma (4oz) with Wheat Pita (½ 6") and Cucumber Sauce (1 Tbsp)
Israeli Salad (½ C)
Carrots (½ C)
Mandarin Oranges and Pineapples (½ C)
Calories: 642

Friday

**March 27
BeWell**

Farfalle Pasta (½ C) with Meat Sauce (8 oz) and Ground Turkey (3 oz)
Mixed Green Salad (1 C) with Romaine & Leaf Lettuce (¾ C), Peas (2 Tbsp), & Chopped Radishes (2 Tbsp)
Wheat Challah (1 Slice)
Tangerine (1)
Light Italian Dressing (1 Tbsp)
Margarine (1 tsp)
Calories: 629

Season's Harvest

White Fish (4 oz) with Lemon Pepper Seasoning (1 tsp)
Scalloped Potatoes (½ C)
Green Beans with Roasted Red Pepper Strips (½ C)
Wheat Challah (1 Slice)
Tangerine (1)
Oatmeal Raisin Cookie (1-3")
Margarine (1 tsp)
Calories: 651