



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 30

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

March 31

BeWell

Meatloaf (4 oz) with
Ground Beef (3 oz) and
Gravy (1 oz)

Glazed Yams (½ C)

Leaf Spinach (½ C)

Matzah (1)

Oranges (½ C)

Margarine (1 tsp)

Menu is subject to change.

Wednesday

April 1

BeWell

Matzah Ball Soup (1 C)
with Chicken Breast
(3 oz)

Broccoli (½ C)

Fresh Pears
(½ C)

Matzah (1)

Charoset
(Walnuts, Apples, Spices)
(1/4 C)

Margarine (1 tsp)

Thursday

April 2

**AgeWell at the
JCC is CLOSED on
April 2nd for
Passover.**

**Reserve your
lunch for Friday,
April 3rd by 4PM
on Wednesday,
April 1st.**

Friday

April 3

BeWell

Roast Beef (3 oz) with
Thin Gracy (1 oz)

Lemon Potatoes
(½ C)

Carrots (½ C)

Matzah (1)

Pineapple (½ C)

Margarine (1 tsp)

Passover Menu: There will only be one menu option each day this week.

