



**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**

**May 11  
BeWell**

Oven Fried Cod (4 oz)  
Sandwich with Whole  
Wheat Sandwich Bun (1)  
Coleslaw (½ C)  
Stewed Tomatoes and  
Zucchini (½ C)  
Apple (1)  
Margarine (1 tsp)  
Calories: 627

**Season's Harvest**

Chicken Breast (4 oz) with  
Gravy (2 oz)  
Whipped Potatoes (½ C)  
Broccoli, Cauliflower, and  
Carrots (½ C)  
Bread Stuffing (½ C)  
Apple (1)  
Calories: 642

**Tuesday**

**May 12  
BeWell**

White Turkey Chili (1 C)  
with Turkey, White Beans,  
and Corn  
Baked Butternut Squash  
Cubes (½ C)  
Brown Rice (½ C)  
Dinner Roll (1)  
Orange (1)  
Margarine (1 tsp)  
Calories: 632

**Season's Harvest**

Salmon (4 oz) with  
Apricot Ginger Glaze  
Peas and Carrots (½ C)  
Brown Rice (½ C)  
Dinner Roll (1)  
Orange (1)  
Margarine (1 tsp)  
Calories: 644

**Wednesday**

**May 13  
BeWell**

Swiss Steak (4 oz) with  
Thin Gravy (1 oz)  
Scalloped Potatoes (½ C)  
Italian Green Beans (½ C)  
Whole Wheat Bread  
(1 Slice)  
Tangerine (1)  
Calories: 734

**Season's Harvest**

Tofu Chickpea  
Cauliflower Curry (½ C)  
Sliced Beets (½ C)  
Wheat Bread (1 Slice)  
Tangerine (1)  
Margarine (1 tsp)  
Calories: 707

**Thursday**

**May 14  
BeWell**

Hamburger (3 oz) on a  
Sandwich Bun  
Savory Potatoes (½ C)  
Tossed Salad with  
Romaine and Leaf Lettuce  
(¾), Cherry Tomatoes (3),  
and Cucumber (3 Slices)  
Tropical Mixed Fruit (½ C)  
Mustard (1 packet)  
Calories: 722

**Season's Harvest**

Rotisserie Chicken Leg  
and Thigh (5 oz)  
Coleslaw (½ C)  
Savory Potatoes (½ C)  
Dinner Roll (1)  
Tropical Mixed Fruit (½ C)  
Margarine (1 tsp)  
Calories: 610

**Friday**

**May 15  
BeWell**

Chicken Breast (4 oz) with  
Mushroom Gravy  
Roasted Potatoes (½ C)  
Broccoli Florets (½ C)  
Wheat Challah (1 Slice)  
Banana (1)  
Margarine (1 tsp)  
Calories: 681

**Season's Harvest**

Cod Provençal (4 oz) with  
Sauce (2 Tbsp)  
Confetti Couscous (½ C)  
Broccoli Florets (½ C)  
Wheat Challah (1 Slice)  
Banana (1)  
Margarine (1 tsp)  
Calories: 625

Menu is subject to change.