



AgeWell
at the JCC

KOSHER
by ALADDIN

11AM - 1PM

RSVP by 4PM the business
day before your visit.

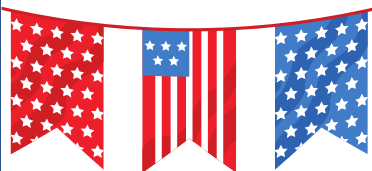
412-567-1715

Calling after 4PM
does not guarantee
a meal.

Monday

May 25
**AgeWell at the
JCC is CLOSED on
May 22nd for
Shavuot
AND
May 25th for
Memorial Day.**

**Reserve your
lunch for Tuesday,
May 26th before
4PM on Thursday,
May 21st.**



**Happy
Memorial Day!**

Tuesday

May 26
BeWell

Baked White Fish with
Paprika (4 oz)
Roasted Potatoes (½ C)
Leaf Spinach (½ C)
Dinner Roll (1)
Tropical Fruit Mix (½ C)
Cherry Cake (1-2"X3")
Tartar Sauce (1 Packet)
Calories: 739

Season's Harvest

Orange Glazed Chicken
(4 oz)
Scalloped Potatoes (½ C)
Stewed Tomatoes (½ C)
Whole Wheat Bread
(1 Slice)
Tropical Fruit Mix (½ C)
Margarine (1 tsp)
Calories: 657

Wednesday

May 27
BeWell

Vegetable Stuffed
Pepper (5 oz)
Broccoli Florets (½ C)
12-Grain Bread (1 Slice)
Buttered Noodles (½ C)
Apple (1)
Brownie (1-2")
Margarine (1 tsp)
Calories: 604

Season's Harvest

Oven "Fried" Cod (4 oz)
Oil and Vinegar Cole
Slaw (½ C)
Cheese and Noodle
Casserole (½ C)
Whole Wheat Bread
(1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 685

Thursday

May 28
BeWell

Tuna Noodle Casserole
(1 C)
Beets (½ C)
Rye Bread (1 Slice)
Grapes (½ C)
Margarine (1 tsp)
Calories: 639

Season's Harvest

Turkey Stir Fry with
Turkey (4 oz), Carrots,
Red Bell Peppers, and
Onions (½ C)
Confetti Brown Rice (½ C)
12-Grain Bread (1 Slice)
Grapes (½ C)
Margarine (1 tsp)
Calories: 672

Menu is subject to change.

Friday

May 29
BeWell

Meatballs (2-2oz) with Reduced
Sodium General Tso's Sauce
(1 oz)
Chive Baked Potatoes (½ C)
Green Beans (½ C)
Wheat Challah (1 Slice)
Banana (1)
Oatmeal Cookie
(1-2")
Margarine (1 tsp)
Calories: 722

Season's Harvest

Salmon Cake (4 oz) with
Light Lemon Dill Sauce
(1 oz)
Mashed Potatoes (½ C)
Broccoli (½ C)
Wheat Challah (1 Slice)
Banana (1)
Margarine (1 tsp)
Calories: 674