



**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**

**July 6**

**BeWell**

Meat Loaf (4 oz) with  
Gravy (1 Tbsp)  
Cauliflower and Carrots  
(½ C)  
Glazed Yams (½ C)  
Wheat Dinner Roll (1)  
Watermelon (½ C)  
Calories: 693

**Season's Harvest**

Creole Tilapia (4 oz)  
Red Beans and Rice (½ C)  
Carrots (½ C)  
Rye Bread (1 Slice)  
Orange (1)  
Margarine (1 tsp)  
Oatmeal Raisin Cookie  
(1-3")  
Calories: 698

**Tuesday**

**July 7**

**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**

**July 8**

**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**

**July 9**

**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**

**July 10**

**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