



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

June 22

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

June 23

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

June 24

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

June 25

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

June 26

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.