



**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 29  
BeWell**

Stuffed Cabbage (5 oz)  
with Ground Beef (3 oz)  
Garlic Whipped Potatoes  
(½ C)  
Corn, Carrots, Peas, and  
Green Beans (½ C)  
Whole Wheat Bread  
(1 Slice)  
Apricots (½ C)  
Margarine (1 tsp)  
Calories: 693

**Season's Harvest**

Oven Fried Chicken Breast  
(4 oz) with Italian  
Breadcrumbs  
Spinach (½ C)  
Whole Wheat Bread  
(1 Slice)  
Apricots (½ C)  
Margarine (1 tsp)  
Applesauce Cake  
(1-2"X3")  
Calories: 636

**Tuesday**

**June 30  
BeWell**

Salmon (3 oz) with Tomato  
Basil Sauce  
Confetti Couscous (½ C)  
Spiced Red Cabbage (½ C)  
Rye Bread (1 Slice)  
Apple (1)  
Margarine (1 tsp)  
Calories: 673

**Season's Harvest**

General Tso's Chicken  
with Chicken (3oz),  
Peppers, Onions, and  
Broccoli (½ C), and  
Brown Rice (½ C)  
Rye Bread (1 Slice)  
Apple (1)  
Calories: 663

Menu is subject to change.

**Wednesday**

**July 1  
BeWell**

Turkey Light and Dark  
(3 oz) in Gravy (1 oz)  
Chive Scalloped Potatoes  
(½ C)  
Winter Squash Cubes  
(½ C)  
Wheat Bread (1 Slice)  
Orange (1)  
Calories: 630

**Season's Harvest**

Tuna Patty (4 oz)  
Baked Potato (1)  
Summer Squash and  
Yellow Beans (½ C)  
Wheat Bread (1 Slice)  
Orange (1)  
Honey Mustard (1 Tbsp)  
Margarine (2 tsp)  
Calories: 698

**Thursday**

**July 2  
BeWell**

Beef BBQ (3 oz) with Sauce  
(1 oz)  
Cole Slaw (½ C)  
Savory Potatoes (½ C)  
Wheat Sandwich Bun (1)  
Sliced Peaches (½ C)  
Calories: 797

**17 b'Tammuz**

**Season's Harvest**

Mediterranean Salmon  
(4 oz) with Sauce (2 oz)  
Containing Cherry  
Tomatoes, Black Olives, and  
Fresh Spinach  
Whipped Yams (½ C)  
Broccoli, Cauliflower, and  
Carrots (½ C)  
Sliced Peaches (½ C)  
Wheat Bread (1 Slice)  
Margarine (1 tsp)  
Calories: 681

**Friday**

July 3

**AgeWell at the  
JCC is CLOSED on  
July 3<sup>rd</sup> for  
Independence  
Day.**

**Reserve your  
lunch for  
Monday, July 6th  
before 4PM on  
Thursday, July  
2nd.**

**Happy  
4th of July!**