



**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 8  
BeWell**

Baked White Fish with  
Paprika (4 oz)  
Scalloped Potatoes (½ C)  
Broccoli, Cauliflower,  
and Carrots (½ C)  
Whole Wheat Dinner  
Roll (1)  
Apricots (½ C)  
Tartar Sauce (1 Packet)  
Calories: 649

**Season's Harvest**

Four Cheese Pasta Bake (1 C)  
Salad with Leaf Lettuce (¾C),  
Green Pepper (2 Tbsp),  
Chopped Tomatoes (2 Tbsp)  
Light Italian Dressing (1 Tbsp)  
Whole Wheat Dinner Roll (1)  
Apricots (½ C)  
Chocolate Chip Cookie (1-3")  
Margarine (1 tsp)  
Calories: 691

**Tuesday**

**June 9  
BeWell**

Chicken Cacciatore with  
Boneless Chicken (3 oz)  
and Sauce (2 oz)  
Haluski (½ C)  
Beet Wedges (½ C)  
Whole Wheat Bread  
(1 Slice)  
Apple (1)  
Margarine (1 tsp)  
Calories: 659

**Season's Harvest**

Teriyaki Salmon (4 oz)  
with Sauce (1 oz)  
Mashed Potatoes (½ C)  
Carrot Slices (½ C)  
Whole Wheat Bread  
(1 Slice)  
Apple (1)  
Margarine (1 tsp)  
Calories: 726

**Wednesday**

**June 10  
BeWell**

Pot Roast (3 oz) with  
Gravy (1 Tbsp)  
Whipped Yams (½ C)  
Leaf Spinach (½ C)  
Whole Wheat Dinner  
Roll (1)  
Orange (1)  
Calories: 750

Menu is subject to change.

**Season's Harvest**

Turkey (4 oz) with Gravy  
(1 oz)  
Whipped Yams (½ C)  
Spinach (½ C)  
Whole Wheat Dinner  
Roll (1)  
Orange (1)  
Margarine (1 tsp)  
Calories: 673

**Thursday**

**June 11  
BeWell**

Tuna Noodle Casserole  
(1C)  
Midori Blend Vegetables  
(½ C)  
Pears (½ C)  
Banana Cake with  
Powdered Sugar Dusting  
(2"X3")  
Calories: 716

**Season's Harvest**

Chicken (3 oz) Stir Fry  
with Broccoli, Red  
Onion, and Carrots, and  
Sauce (1 oz)  
Midori Blend Vegetables  
(½ C)  
Brown Rice (½ C)  
Pears (½ C)  
Banana Cake with  
Powdered Sugar Dusting  
(2"X3")  
Calories: 692

**Friday**

**June 12  
BeWell**

Open Face Hot Beef  
(3 oz) Sandwich with  
Gravy (1 oz) and Wheat  
Challah (1 Slice)  
Sweet and Sour  
Coleslaw (½ C)  
Mashed Potatoes (½ C)  
Cantaloupe (½ C)  
Calories: 757

**Season's Harvest**

Spiral Pasta with Meat  
Sauce (1C)  
Yellow Beans and Yellow  
Squash (½ C)  
Cantaloupe (½ C)  
Wheat Challah (1 Slice)  
Margarine (1 tsp)  
Calories: 658