



**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

**August 31**

### BeWell

Stuffed Cabbage  
Garlic Whipped Potatoes  
(½ C)  
Mixed Vegetables (½ C)  
Whole Wheat Bread  
(1 Slice)  
Pineapple Cuts (½ C)  
Margarine (1 tsp)

### Season's Harvest

Oven Fried Chicken Breast  
(4 oz)  
Garlic Whipped Potatoes  
(½ C)  
Green Beans (½ C)  
Whole Wheat Bread  
(1 Slice)  
Pineapple Cuts (½ C)  
Margarine (1 tsp)

## Tuesday

**September 1**

### BeWell

Turkey (3 oz) with  
Gravy (1 oz)  
Yam Cuts (½ C) with  
Margarine  
Wheat Bread (1 Slice)  
Cooked Spinach (½ C)  
Orange (1)

### Season's Harvest

Tuna Patty (4 oz)  
Yam Cuts (½ C) with  
Margarine  
Wheat Bread (1 Slice)  
Three Bean Salad (½ C)  
Orange (1)

## Wednesday

**September 2**

### BeWell

Tilapia (4 oz) with Tomato  
Basil Sauce  
Confetti Couscous (½ C)  
Italian Green Beans (½ C)  
Marble Rye Bread  
(1 Slice)  
Apple (1)  
Margarine (1 tsp)

### Season's Harvest

Honey Mustard  
Chicken (3 oz)  
Confetti Couscous (½ C)  
Italian Green Beans (½ C)  
Marble Rye Bread  
(1 Slice)  
Apple (1)  
Margarine (1 tsp)

Menu is subject to change.

## Thursday

**September 3**

### BeWell

Penne Pasta (1 C) with  
Meat Sauce  
Spring Mix (¾ C) with  
Cucumber (2 Slices),  
Tomato Wedges (2)  
Wheat Dinner Roll (1)  
Chocolate Chip Cookie  
(1-2")  
Sliced Peaches (½ C)  
Italian Dressing (1 Tbsp)

### Season's Harvest

Salmon Dinner Salad with  
Salmon (4 oz), Spring Mix  
(¾ C) with Cucumber (2  
Slices), Tomato Wedges (2)  
Wheat Dinner Roll (1)  
Chocolate Chip Cookie  
(1-2")  
Sliced Peaches (½ C)  
Italian Dressing (1 Tbsp)

## Friday

**September 4**

### BeWell

Tuna Salad  
Tomato (1 Slice)  
Corn and Black Bean Salad  
(½ C)  
Wheat Challah Bun (1)  
Banana (1)

### Season's Harvest

Hamburger (3 oz)  
Tomato (1 Slice)  
Corn and Black Bean Salad  
(½ C)  
Wheat Challah Bun (1)  
Banana (1)  
Ketchup (1 packet)