



**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 13**  
**BeWell**

Baked Tilapia (4 oz) with  
Paprika  
Scalloped Potatoes (½ C)  
Broccoli and Carrots (½ C)  
Whole Wheat Dinner Roll  
(1)  
Peaches (½ C)  
Tartar Sauce (1 packet)

**Season's Harvest**

Stuffed Cabbage (4 oz)  
Scalloped Potatoes (½ C)  
Broccoli and Carrots (½ C)  
Whole Wheat Dinner Roll  
(1)  
Peaches (½ C)

**Tuesday**

**July 14**  
**BeWell**

Chicken Cacciatore (3 oz)  
with Sauce  
Cabbage and Noodles  
(½ C)  
Beet Wedges (½ C)  
Marble Rye Bread (1 slice)  
Apple (1)  
Margarine (1 tsp)

**Season's Harvest**

Lemon Garlic Salmon  
(4 oz)  
Cabbage and Noodles  
(½ C)  
Beet Wedges (½ C)  
Marble Rye Bread (1 slice)  
Apple (1)  
Margarine (1 tsp)

**Wednesday**

**July 15**  
**BeWell**

Hamburger (3 oz)  
Whipped Yams  
(½ C)  
Green Beans (½ C)  
Wheat Sandwich Bun (1)  
Orange (1)

**Season's Harvest**

Sliced Turkey (4 oz) with  
Gravy (1 oz)  
Whipped Yams  
(½ C)  
Green Beans (½ C)  
Wheat Sand (1)  
Orange (1)

**Thursday**

**July 16**  
**BeWell**

Tuna Noodle Casserole  
(1 C)  
Sautéed Green and Red  
Pepper (½ C)  
Banana (1)  
Graham Crackers (4)

**Friday**

**July 17**  
**BeWell**

Orange Ginger Tilapia  
(4 oz)  
Mashed Potatoes (½ C)  
Sweet and Sour Coleslaw  
(½ C)  
Wheat Challah (2 slices)  
Pineapple Tidbits (½ C)  
Margarine (2 tsp)

**Nine Days and  
Tisha B'av Menu:**  
There will only be one menu  
option July 16th-23rd

Menu is subject to change.