



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 20
BeWell

Salmon Patty (4 oz)
Barley with Vegetable
Broth (½ C)
Broccoli (½ C)
Whole Wheat Bread
(1 Slice)
Peach Cuts (½ C)
Margarine (1 tsp)

Tuesday

July 21
BeWell

Tilapia (4 oz) with Dill
Sauce
Egg Noodles (½ C) with
Margarine
Stewed Tomatoes (½ C)
Orange (1)
Oatmeal Raisin Cookie
(1-2")

Wednesday

July 22
BeWell

Vegetarian Chili (8 oz) with
Beans
Brown Rice
(½ C)
Green Beans, Carrots,
Onions, Red Pepper (½ C)
Whole Wheat Bread
(1 Slice)
Apple (1)
Margarine (1 tsp)

Thursday

July 23
BeWell

Tilapia (4 oz) with
Pineapple Salsa
Pasta (½ C) with Sauce
Spring Mix (¾ C) with
Cucumber (2 Slices),
Tomato Wedges (2), Peas
(2 Tbsp), and Beets
(2 Tbsp)
Wheat Challah (1 Slice)
Italian Dressing (1 Tbsp)
Tangerine (1)
Graham Crackers (4)

Friday

July 24
BeWell

Farfalle Pasta with Ground
Turkey (3 oz) and Sauce
Spring Mix (¾ C) with
Cucumber (2 Slices),
Tomato Wedges (2), Peas
(2 Tbsp), and Beets
(2 Tbsp)
Wheat Challah (1 Slice)
Italian Dressing (1 Tbsp)
Tangerine (1)
Graham Crackers (4)

Season's Harvest

Hamburger (3 oz)
Vinegar Potato Salad (½ C)
Sliced Carrots (½ C)
Wheat Hamburger Bun
Pineapple Tidbits (½ C)
Ketchup (1 packet)

Nine Days and Tisha B'av Menu:

There will only be one menu option July 16th-23rd

Menu is subject to change.