



**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 27**  
**BeWell**

Tuna Burger (4 oz) with  
Tomato (1 Slice), and  
Lettuce (1 Leaf)  
Carrots (½ C)  
Wheat Bun (1)  
Banana (1)  
Honey Mustard (2 tsp)

## Season's Harvest

Chicken Breast (4 oz) with  
Tomato (1 Slice), and  
Lettuce (1 Leaf)  
Carrots (½ C)  
Wheat Bun (1)  
Banana (1)  
Honey Mustard (2 tsp)

## Tuesday

**July 28**  
**BeWell**

Turkey Chili with Great  
Northern Beans and Corn  
(1 C)  
Brown Rice (½ C)  
Dinner Roll (1)  
Orange (1)  
Margarine (1 tsp)

## Season's Harvest

Salmon (4 oz) with Brown  
Sugar Glaze  
Brown Rice (½ C)  
Mixed Vegetables (½ C)  
Dinner Roll (1)  
Orange (1)  
Margarine (1 tsp)

## Wednesday

**July 29**  
**BeWell**

Vegetable Stuffed Pepper  
Mozzerella Cheese (1 oz)  
Whipped Potatoes (½ C)  
Italian Green Beans (½ C)  
Whole Wheat Bread  
(1 Slice)  
Peach Cuts (½ C)

## Season's Harvest

Meat Loaf  
Whipped Potatoes (½ C)  
Italian Green Beans (½ C)  
Whole Wheat Bread  
(1 Slice)  
Peach Cuts (½ C)

Menu is subject to change.

## Thursday

**July 30**  
**BeWell**

Sloppy Joes (3 oz)  
Savory Potatoes (½ C)  
Cloe Slaw (½ C)  
Wheat Bun (1)  
Pineapple Cuts (½ C)

## Season's Harvest

Turkey (3 oz)  
Savory Potatoes (½ C)  
Cloe Slaw (½ C)  
Wheat Bun (1)  
Pineapple Cuts (½ C)

## Friday

**July 31**  
**BeWell**

Chicken (4 oz) with  
Barbeque Sauce  
Rice with Peas and Carrots  
(½ C)  
Broccoli Florets (½ C)  
Whole Wheat Challah  
(1 Slice)  
Apple (1)  
Chocolate Chip Cookie  
(1-2")  
Margarine (1 tsp)

## Season's Harvest

Tilapia (4 oz)  
Rice with Peas and Carrots  
(½ C)  
Broccoli Florets (½ C)  
Whole Wheat Challah  
(1 Slice)  
Apple (1)  
Chocolate Chip Cookie  
(1-2")  
Margarine (1 tsp)