



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

September 14

BeWell

Beef Meatballs (4-3 oz)
with Tomato Gravy (1 oz)

Barley with Vegetable
Broth (½ C)

Broccoli (½ C)

Whole Wheat Bread
(1 Slice)

Peach Cuts (½ C)

Margarine (1 tsp)

Season's Harvest

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

September 15

BeWell

Chicken Breast (3 oz) with
Lemon Pepper

Brown Rice
(½ C)

Green Beans, Carrots,
Onions, Red Pepper (½ C)

Whole Wheat Bread
(1 Slice)

Apple (1)

Margarine (1 tsp)

Season's Harvest

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)

Wednesday

September 16

BeWell

Tilapia (4 oz) with Dill
Sauce

Egg Noodles (½ C) with
Margarine

Stewed Tomatoes (½ C)

Orange (1)

Oatmeal Raisin Cookie
(1-2")

Season's Harvest

Ground Beef
Stroganoff (5 oz)

Egg Noodles (½ C) with
Margarine

Stewed Tomatoes (½ C)

Orange (1)

Oatmeal Raisin Cookie
(1-2")

Menu is subject to change.

Thursday

September 17

BeWell

Hamburger (3 oz)

Vinegar Potato Salad (½ C)

Sliced Carrots (½ C)

Wheat Hamburger Bun (1)

Pineapple Tidbits (½ C)

Ketchup (1 packet)

Season's Harvest

Orange Chicken (3 oz)

Vinegar Potato Salad (½ C)

Sliced Carrots (½ C)

Whole Wheat Bread
(1 Slice)

Pineapple Tidbits (½ C)

Ketchup (1 packet)

Friday

September 18

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

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)