



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 21
**AgeWell at the
JCC is CLOSED on
Monday,
September 21st
for Yom Kippur.**

**Reserve your
lunch for
Tuesday,
September 22nd
before 4PM on
Friday,
September 18th.
*Yom Kippur***



Tuesday

September 22

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

September 23

BeWell

Vegetable Stuffed Pepper

Non-Dairy Mozzarella
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

September 24

BeWell

Sloppy Joes (3 oz)

Savory Potatoes (½ C)

Cole Slaw (½ C)

Wheat Bun (1)

Pineapple Cuts (½ C)

Season's Harvest

Turkey (3 oz)

Savory Potatoes (½ C)

Cole Slaw (½ C)

Wheat Bun (1)

Pineapple Cuts (½ C)

Friday

September 25

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)

Happy Sukkot

