



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

October 12

BeWell

Beef Meatballs (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

October 13

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

October 14

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

October 15

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

October 16

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)