



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 19

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

October 20

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

October 21

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

October 22

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

October 23

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)