



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 26

BeWell

Stuffed Cabbage with Beef
Garlic Whipped Potatoes
(½ C)
Mixed Vegetables (½ C)
Whole Wheat Bread
(1 Slice)
Pineapple Cuts (½ C)
Margarine (1 tsp)

Season's Harvest

Oven Fried Chicken Breast
(4 oz)
Garlic Whipped Potatoes
(½ C)
Green Beans (½ C)
Whole Wheat Bread
(1 Slice)
Pineapple Cuts (½ C)
Margarine (1 tsp)

Tuesday

October 27

BeWell

Turkey (3 oz) with
Gravy (1 oz)
Yam Cuts (½ C) with
Margarine
Wheat Bread (1 Slice)
Cooked Spinach (½ C)
Orange (1)

Season's Harvest

Tuna Patty (4 oz)
Yam Cuts (½ C) with
Margarine
Wheat Bread (1 Slice)
Three Bean Salad (½ C)
Orange (1)

Wednesday

October 28

BeWell

Tilapia (4 oz) with Tomato
Basil Sauce
Confetti Couscous (½ C)
Italian Green Beans (½ C)
Marble Rye Bread
(1 Slice)
Apple (1)
Margarine (1 tsp)

Season's Harvest

Honey Mustard
Chicken (3 oz)
Confetti Couscous (½ C)
Italian Green Beans (½ C)
Marble Rye Bread
(1 Slice)
Apple (1)
Margarine (1 tsp)

Menu is subject to change.

Thursday

October 29

BeWell

Penne Pasta (1 C) with
Meat Sauce
Spring Mix (¾ C) with
Cucumber (2 Slices),
Tomato Wedges (2)
Wheat Dinner Roll (1)
Chocolate Chip Cookie
(1-2")
Sliced Peaches (½ C)
Italian Dressing (1 Tbsp)

Season's Harvest

Salmon Dinner Salad with
Salmon (4 oz), Spring Mix
(¾ C) with Cucumber (2
Slices), Tomato Wedges (2)
Wheat Dinner Roll (1)
Chocolate Chip Cookie
(1-2")
Sliced Peaches (½ C)
Italian Dressing (1 Tbsp)

Friday

October 30

BeWell

Tuna Salad
Tomato (1 Slice)
Corn and Black Bean Salad
(½ C)
Wheat Challah Bun (1)
Banana (1)

Season's Harvest

Hamburger (3 oz)
Tomato (1 Slice)
Corn and Black Bean Salad
(½ C)
Wheat Challah Bun (1)
Banana (1)
Ketchup (1 packet)