



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

November 2

BeWell

Baked Tilapia (4 oz) with
Paprika
Scalloped Potatoes (½ C)
Broccoli and Carrots (½ C)
Whole Wheat Dinner Roll
(1)
Peaches (½ C)
Tartar Sauce (1 packet)

Season's Harvest

Stuffed Cabbage (4 oz)
with Beef
Scalloped Potatoes (½ C)
Broccoli and Carrots (½ C)
Whole Wheat Dinner Roll
(1)
Peaches (½ C)

Tuesday

November 3

BeWell

Chicken Cacciatore (3 oz)
with Sauce
Cabbage and Noodles
(½ C)
Beet Wedges (½ C)
Marble Rye Bread (1 slice)
Apple (1)
Margarine (1 tsp)

Season's Harvest

Lemon Garlic Salmon
(4 oz)
Cabbage and Noodles
(½ C)
Beet Wedges (½ C)
Marble Rye Bread (1 slice)
Apple (1)
Margarine (1 tsp)

Wednesday

November 4

BeWell

Hamburger (3 oz)
Whipped Yams
(½ C)
Green Beans (½ C)
Wheat Sandwich Bun (1)
Orange (1)

Season's Harvest

Sliced Turkey (4 oz) with
Gravy (1 oz)
Whipped Yams
(½ C)
Green Beans (½ C)
Wheat Sand (1)
Orange (1)

Menu is subject to change.

Thursday

November 5

BeWell

Tuna Noodle Casserole
(1 C)
Sautéed Green and Red
Pepper (½ C)
Banana (1)
Graham Crackers (4)

Season's Harvest

Teriyaki Chicken (3 oz)
Noodles (½ C)
Sautéed Green and Red
Pepper (½ C)
Banana (1)
Graham Crackers (4)

Friday

November 6

BeWell

Turkey Burger (3 oz)
Mashed Potatoes (½ C)
Sweet and Sour Coleslaw
(½ C)
Wheat Challah (2 slices)
Pineapple Tidbits (½ C)
Margarine (2 tsp)

Season's Harvest

Orange Ginger Tilapia
(4 oz)
Mashed Potatoes (½ C)
Sweet and Sour Coleslaw
(½ C)
Wheat Challah (2 slices)
Pineapple Tidbits (½ C)
Margarine (2 tsp)