



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 23

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)

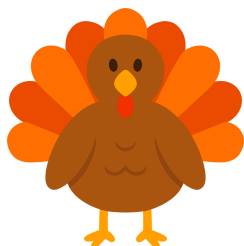
Tuesday

November 24

BeWell

Turkey Breast (3 oz) with
Light Gravy (1 oz)
Whipped Sweet Potatoes
(½ C)
Challah (1 Slice)
Roasted Broccoli (½ C)
Applesauce Cake (2X3")
with Thin Caramel
Margarine (1 tsp)

**Special
Thanksgiving
Lunch- There will
only be a BeWell
option!**



Wednesday

November 25

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

November 26

**AgeWell at the
JCC is CLOSED on
Thursday,
November 26th
for Thanksgiving.**

**Reserve your
lunch for Friday,
November 27th
before 4PM on
Wednesday,
November 25th.**



Friday

November 27

BeWell

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

**There will only
be a BeWell
option!**

