Jcafe

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	Tuesday	Wednesday	Thursday	Friday
December 14	**December 15**	**December 16**	**December 17**	**December 18**
BeWell	**BeWell**	**BeWell**	**BeWell**	**BeWell**
Tuna Burger (4 oz) with Tomato (1 Slice), and Lettuce (1 Leaf)	Turkey Chili with Great Northern Beans and Corn (1 C)	Vegetable Stuffed Pepper	Sloppy Joes (3 oz)	Chicken (4 oz) with Barbeque Sauce
Carrots (½ C)	Brown Rice (½ C)	Non-Dairy Mozzerella Cheese (1 oz)	Savory Potatoes (½ C)	Rice with Peas and Carrots (½ C)
Wheat Bun (1)	Dinner Roll (1)	Whipped Potatoes (½ C)	Cole Slaw (½ C)	Broccoli Florets (½ C)
Banana (1)	Orange (1)	Italian Green Beans (½ C)	Wheat Bun (1)	Whole Wheat Challah (1 Slice)
Honey Mustard (2 tsp)	Margarine (1 tsp)	Whole Wheat Bread (1 Slice)	Pineapple Cuts (½ C)	Apple (1)
		Peach Cuts (½ C)		Chocolate Chip Cookie (1-2")
				Margarine (1 tsp)
Season's Harvest	**Season's Harvest**	**Season's Harvest**	**Season's Harvest**	**Season's Harvest**
Chicken Breast (4 oz) with Tomato (1 Slice), and Lettuce (1 Leaf)	Salmon (4 oz) with Brown Sugar Glaze	Meat Loaf	Turkey (3 oz)	Tilapia (4 oz)
Carrots (½ C)	Brown Rice (½ C)	Whipped Potatoes (½ C)	Savory Potatoes (½ C)	Rice with Peas and Carrots (½ C)
Wheat Bun (1)	Mixed Vegetables (½ C)	Italian Green Beans (½ C)	Cole Slaw (½ C)	Broccoli Florets (½ C)
Banana (1)	Dinner Roll (1)	Whole Wheat Bread (1 Slice)	Wheat Bun (1)	Whole Wheat Challah (1 Slice)
Honey Mustard (2 tsp)	Orange (1)	Peach Cuts (½ C)	Pineapple Cuts (½ C)	Apple (1)
	Margarine (1 tsp)			Chocolate Chip Cookie (1-2")
		Menu is subject to change.		Margarine (1 tsp)