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 21	**December 22**	**December 23**	**December 24**	**December 25**
BeWell	**BeWell**	**BeWell**	**BeWell**	**BeWell**
Stuffed Cabbage with Beef	Turkey Breast (3 oz) with Light Gravy (1 oz)	Tilapia (4 oz) with Tomato Basil Sauce	Penne Pasta (1 C) with Meat Sauce	Turkey (4 oz) Sandwich on Wheat Bread (2 Slices)
Garlic Whipped Potatoes (½ C)	Whipped Sweet Potatoes (½ C)	Confetti Couscous (½ C)	Spring Mix (¾ C) with Cucumber (2 Slices), Tomato Wedges (2)	Potato Salad (½ C)
Mixed Vegetables (½ C)	Challah (1 Slice)	Italian Green Beans (½ C)	Wheat Dinner Roll (1)	Zippy Maters (½ C)
Whole Wheat Bread (1 Slice)	Roasted Broccoli (½ C)	Marble Rye Bread (1 Slice)	Chocolate Chip Cookie (1-2")	Banana (1)
Pineapple Cuts (½ C)	Applesauce Cake (2X3") with Thin Caramel	Apple (1)	Sliced Peaches (½ C)	Yellow Mustard (1 packet)
Margarine (1 tsp)	Margarine (1 tsp)	Margarine (1 tsp)	Italian Dressing (1 Tbsp)	
Season's Harvest	**Season's Harvest**	**Season's Harvest**	**Season's Harvest**	**There will only be a BeWell option on this day.**
Oven Fried Chicken Breast (4 oz)	Tuna Patty (4 oz)	Honey Mustard Chicken (3 oz)	Salmon Dinner Salad with Salmon (4 oz), Spring Mix (¾ C) with Cucumber (2 Slices), Tomato Wedges (2)	
Garlic Whipped Potatoes (½ C)	Yam Cuts (½ C) with Margarine	Confetti Couscous (½ C)	Wheat Dinner Roll (1)	
Green Beans (½ C)	Wheat Bread (1 Slice)	Italian Green Beans (½ C)	Chocolate Chip Cookie (1-2")	
Whole Wheat Bread (1 Slice)	Three Bean Salad (½ C)	Marble Rye Bread (1 Slice)	Sliced Peaches (½ C)	
Pineapple Cuts (½ C)	Orange (1)	Apple (1)	Italian Dressing (1 Tbsp)	
Margarine (1 tsp)		Margarine (1 tsp)		
		Menu is subject to change.		