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 7	**December 8**	**December 9**	**December 10**	**December 11**
BeWell Beef Meatballs (3 oz) with Tomato Gravy (1 oz) Barley with Vegetable Broth (½ C) Broccoli (½ C) Whole Wheat Bread (1 Slice) Peach Cuts (½ C) Margarine (1 tsp)	**BeWell** Beef Brisket (3 oz) Potato Latkes (2) with Applesauce (2 Tbsp) Maple Roasted Carrots (½ C) Dinner Roll (1) Angel Food Cake (1 Slice) with Strawberries (¼ C) Margarine (1 tsp)	**BeWell** Tilapia (4 oz) with Dill Sauce Egg Noodles (½ C) with Margarine Stewed Tomatoes (½ C) Orange (1) Oatmeal Raisin Cookie (1-2")	**BeWell** Hamburger (3 oz) Vinegar Potato Salad (½ C) Sliced Carrots (½ C) Wheat Hamburger Bun (1) Pineapple Tidbits (½ C) Ketchup (1 packet)	**BeWell** Farfalle Pasta with Ground Turkey (3 oz) and Sauce Spring Mix (¾ C) with Cucumber (2 Slices), Tomato Wedges (2), Peas (2 Tbsp), and Beets (2 Tbsp) Wheat Challah (1 Slice) Italian Dressing (1 Tbsp) Tangerine (1) Graham Crackers (4)
Season's Harvest Salmon Patty (4 oz) Barley with Vegetable Broth (½ C) Broccoli (½ C) Whole Wheat Bread (1 Slice) Peach Cuts (½ C) Margarine (1 tsp) 	**Special Hanukkah Lunch- There will only be a BeWell option!** 	**Season's Harvest** Ground Beef Stroganoff (5 oz) Egg Noodles (½ C) with Margarine Stewed Tomatoes (½ C) Orange (1) Oatmeal Raisin Cookie (1-2") Menu is subject to change.	**Season's Harvest** Orange Chicken (3 oz) Vinegar Potato Salad (½ C) Sliced Carrots (½ C) Whole Wheat Bread (1 Slice) Pineapple Tidbits (½ C) Ketchup (1 packet) 	**Season's Harvest** Tilapia (4 oz) with Pineapple Salsa Pasta (½ C) with Sauce Spring Mix (¾ C) with Cucumber (2 Slices), Tomato Wedges (2), Peas (2 Tbsp), and Beets (2 Tbsp) Wheat Challah (1 Slice) Italian Dressing (1 Tbsp) Tangerine (1) Graham Crackers (4)