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
November 30	December 1	December 2	December 3	December 4
BeWell	**BeWell**	**BeWell**	**BeWell**	**BeWell**
Baked Tilapia (4 oz) with Paprika	Chicken Cacciatore (3 oz) with Sauce	Hamburger (3 oz)	Tuna Noodle Casserole (1 C)	Turkey Burger (3 oz)
Scalloped Potatoes (½ C)	Cabbage and Noodles (½ C)	Whipped Yams (½ C)	Sauteed Green and Red Pepper (½ C)	Mashed Potatoes (½ C)
Broccoli and Carrots (½ C)	Beet Wedges (½ C)	Green Beans (½ C)	Banana (1)	Sweet and Sour Coleslaw (½ C)
Whole Wheat Dinner Roll (1)	Marble Rye Bread (1 slice)	Wheat Sandwich Bun (1)	Graham Crackers (4)	Wheat Challah (2 slices)
Peaches (½ C)	Apple (1)	Orange (1)		Pineapple Tidbits (½ C)
Tartar Sauce (1 packet)	Margarine (1 tsp)			Margarine (2 tsp)
Season's Harvest	**Season's Harvest**	**Season's Harvest**	**Season's Harvest**	**Season's Harvest**
Stuffed Cabbage (4 oz) with Beef	Lemon Garlic Salmon (4 oz)	Sliced Turkey (4 oz) with Gravy (1 oz)	Teriyaki Chicken (3 oz)	Orange Ginger Tilapia (4 oz)
Scalloped Potatoes (½ C)	Cabbage and Noodles (½ C)	Whipped Yams (½ C)	Noodles(½ C)	Mashed Potatoes (½ C)
Broccoli and Carrots (½ C)	Beet Wedges (½ C)	Green Beans (½ C)	Sauteed Green and Red Pepper (½ C)	Sweet and Sour Coleslaw (½ C)
Whole Wheat Dinner Roll (1)	Marble Rye Bread (1 slice)	Wheat Sandwich Buns (1)	Banana (1)	Wheat Challah (2 slices)
Peaches (½ C)	Apple (1)	Orange (1)	Graham Crackers (4)	Pineapple Tidbits (½ C)
	Margarine (1 tsp)			Margarine (2 tsp)

Menu is subject to change.