


# August 2022

## 60 & Better Congregate Lunch Menu

Served at Noon - Monday through Friday

Mon	Tue	Wed	Thu	Fri
1 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Baked Apples	2 Chicken Cacciatore Couscous Italian Green Beans Pears Cookie	3 White Bean Chicken Chili Cornbread Coleslaw Pineapple Surprise Cookie	4 Open Faced Roast Beef w/ Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka	5 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & Grape Juice Apple Pie *8:25pm
8 Spaghetti with Turkey Meatballs Marinara Green Beans Garlic Bread Mixed Berries w/ Topping	9 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Cake <b>Happy Birthday!</b>	10 Quiche with Broccoli & Cheddar Hash Brown Potato Grapes Whole Wheat Bread	11 Cabbage Roll w/ Rice and Beef Mashed Potato Zucchini Pears Rugelach	12 BBQ Chicken (breast) Potato Salad Coleslaw Challah & Grape Juice Cherry Cobbler *8:17pm
15 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Mandarin Oranges w/ Topping	16 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	17 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin	18 Chicken on Taco Salad with Chopped Lettuce, Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad	19 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Sweet Kugel *8:08pm
22 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	23 Roasted Turkey w/ Gravy Stuffing Capri Blend Vegetables Cranberry Compote Whole Wheat Dinner Roll	24 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Fresh Fruit Salad Cinnamon Babka	25 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/ Red & Green Peppers & Onions Mandarin Oranges Cookie	26 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler *7:58pm
29 Stuffed Pepper w/ Rice and Beef Mashed Potatoes Seasoned Corn Grapes Whole Wheat Dinner roll	30 Potato Knish w/ Mustard & Sour Cream Beet Borsht Russian Cabbage Salad Fruit Cottage Cheese	31 Hand Breaded Chicken Strips w/ Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	28 <i>Each meal consists of: 3oz protein, 2 servings of vegetables (1/2 cup each), 1 serving of fruit (1/2 cup), 2 servings of starch And fortified juice.</i>	 *Candle Lighting Times per Chabad.org



**\*Reduced seating capacity, RSVP required (513) 761-7500 ext. 1222**

Amberley Room Gallery\* - Monday – Friday  
\*subject to change  
8485 Ridge Rd, Cincinnati, OH 45236

\$3 suggested donation per person over age 60  
\$10 for friends and family under age 60

Super Senior Meal Deal at the J Cafe & To Go Meals\*\* (must be a member) are \$4  
\*\*Must order by 8am & pick-up from 12pm - 3pm