

November 2022

60 & Better Congregate Lunch Menu

Served at Noon - Monday through Friday

Mon	Tue	Wed	Thu	Fri
	1 Chicken Cacciatore Couscous Italian Green Beans Pears Cookie	2 Hand Breaded Chicken Strips w/ Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	3 Open Faced Roast Beef w/ Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka	4 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & Grape Juice Apple Pie *6:14pm
7 Spaghetti with Turkey Meatballs Marinara Green Beans Garlic Bread Mixed Berries w/ Topping	8 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	9 Cabbage Roll w/ Rice and Beef Mashed Potato Zucchini Pears Rugelach	10 Quiche with Broccoli & Cheddar Hash Brown Potato Grapes Whole Wheat Bread	11 BBQ Chicken (breast) Potato Salad Coleslaw Challah & Grape Juice Cherry Cobbler *5:07pm Veteran's Day Luncheon *No To Go Orders*
14 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Mandarin Oranges w/ Topping	15 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	16 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin	17 Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad	18 Roasted Turkey w/ Gravy Stuffing Capri Blend Vegetables Cranberry Compote Challah & Grape Juice Pumpkin Pie *5:02pm Thanksgiving Luncheon *No To Go Orders*
21 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	22 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Fresh Fruit Salad Cinnamon Babka	23 Chicken Salad Wrap w/ Pickles Cucumber & Tomato Salad Potato Salad w/ Red & Green Peppers & Onions Mandarin Oranges Cookie	24 60 & Better Center Closed for Thanksgiving	25 60 & Better Center Closed for the day after Thanksgiving *4:58pm
28 Stuffed Pepper w/ Rice & Beef Mashed Potatoes Seasoned Corn Grapes Whole Wheat Dinner roll	29 Potato Knish w/ Mustard & Sour Cream Beet Borsht Russian Cabbage Salad Fruit Cottage Cheese	30 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	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.	



*Candle Lighting Times per Chabad.org



(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
To Go Orders: (513) 761-7500 ext. 1222

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