

# December 2021

## 60 & Better Congregate Lunch Menu

Served at Noon - Monday through Friday

Mon	Tue	Wed	Thu	Fri
<p>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.</p>	 <p>*Candle Lighting Times per Chabad.org</p>	<p>1</p> <p>Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin</p>	<p>2</p> <p>Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions &amp; Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad</p>	<p>3</p> <p>Brisket Green Beans Potato Latke Apple Sauce Challah &amp; Grape Juice Jelly Donut *4:55pm <b>Chanukah Luncheon - RSVP</b></p>
<p>6</p> <p>Louisiana Tilapia Red Beans &amp; Rice Succotash Apple Cookie</p>	<p>7</p> <p>Quiche with Broccoli &amp; Cheddar Hash Brown Potato Grapes Whole Wheat Bread</p>	<p>8</p> <p>Chicken Salad in a Wrap with Pickles Cucumber &amp; Tomato Salad Potato Salad w/ Red &amp; Green Peppers &amp; Onions Mandarin Oranges Cookie</p>	<p>9</p> <p>Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Fresh Fruit Salad Cinnamon Babka</p>	<p>10</p> <p>Apricot Chicken (breast) Israeli Couscous Carrots Challah &amp; Grape Juice Peach Cobbler *4:55pm</p>
<p>13</p> <p>Potato Knish w/ Mustard &amp; Sour Cream Beet Borsht Russian Cabbage Salad Fruit Cottage Cheese</p>	<p>14</p> <p>Stuffed Pepper w/ Rice and Beef Mashed Potatoes Seasoned Corn Grapes Cake <b>Happy Birthday!</b></p>	<p>15</p> <p>Hand Breaded Chicken Strips w/ Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread</p>	<p>16</p> <p>Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka</p>	<p>17</p> <p>Oven Fried Chicken (thigh) Roasted Red Potatoes Prince Charles Blend Vegetables Challah &amp; Grape Juice Rugelach *4:56pm</p>
<p>20</p> <p>Egg Salad on a Challah Roll Matzo Ball Soup Sweet &amp; Sour Slaw Pineapples &amp; Cottage Cheese</p>	<p>21</p> <p>Baked Chicken Schnitzel w/Honey Mustard Sauce Noodles Peas Pears Cinnamon Babka</p>	<p>22</p> <p>Roasted Vegetable Lasagna w/ White Sauce Green Beans Slice of Garlic Bread Orange</p>	<p>23</p> <p>Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie</p>	<p>24</p> <p><b>60 &amp; Better Center Closed for observance of Federal Holiday</b> *5:00pm</p>
<p>27</p> <p>Toasted Bagel &amp; Lox Cream Cheese Sliced Tomato, Onion &amp; Cucumber Vegetable Soup Baked Apples</p>	<p>28</p> <p>Chicken Cacciatore Couscous Italian Green Beans Pears Cookie</p>	<p>29</p> <p>White Bean Chicken Chili Cornbread Coleslaw Pineapple Surprise Cookie</p>	<p>30</p> <p>Open Faced Roast Beef w/ Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka</p>	<p>31</p> <p><b>60 &amp; Better Center Closed for observance of Federal Holiday</b> *5:05pm</p>



**MAYERSON JCC**  
of Cincinnati

**\*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