


May 2023

60 & Better Congregate Lunch Menu

Served at Noon - Monday through Friday

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Baked Apples</p>	<p>2</p> <p>Chicken Cacciatore Couscous Italian Green Beans Pears Cookie</p>	<p>3</p> <p>White Bean Chicken Chili Cornbread Coleslaw Pineapple Surprise Cookie</p>	<p>4</p> <p>Open Faced Roast Beef w/Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka</p>	<p>5</p> <p>Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & Grape Juice Apple Pie</p> <p style="text-align: right;">*8:15pm</p>
<p>8</p> <p>Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple</p>	<p>9</p> <p>BBQ Chicken (breast) Potato Salad Coleslaw Fruit Cake</p> <p style="text-align: center;">Happy Birthday!</p>	<p>10</p> <p>Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pears Rugelach</p>	<p>11</p> <p>Quiche with Broccoli & Cheddar Hash Brown Potato Grapes Whole Wheat Bread</p>	<p>12</p> <p>Chicken Salad Wrap w/Pickles Cucumber & Tomato Salad Potato Salad w/Red & Green Peppers & Onions Challah & Grape Juice Cookie</p> <p style="text-align: right;">*8:21pm</p> <p style="text-align: center;">MOTHER'S DAY LUNCH</p>
<p>15</p> <p>(2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Mandarin Oranges w/Topping</p>	<p>16</p> <p>Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge</p>	<p>17</p> <p>Chicken on Taco Salad with Chopped Lettuce, Tomatoes, Onions, Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad</p>	<p>18</p> <p>Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin</p>	<p>19</p> <p>Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Sweet Kugel</p> <p style="text-align: right;">*8:28pm</p>
<p>22</p> <p>Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie</p>	<p>23</p> <p>Roasted Turkey w/Gravy Stuffing Capri Blend Vegetables Cranberry Compote Whole Wheat Dinner Roll</p>	<p>24 - Chef's Special*</p> <p>Grilled Salmon w/Lemon-Dill Sauce Toasted Israeli Couscous Green Beans Watermelon Salad w/Basil Haupia (coconut milk pudding) *Limited Supply!</p>	<p>25</p> <p>Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Fresh Fruit Salad Cinnamon Babka</p>	<p>26</p> <p style="text-align: center;">60 & Better Center Closed for Shavuot 1st^h Day</p> <p style="text-align: right;">*8:34pm</p>
<p>29</p> <p style="text-align: center;">60 & Better Center Closed for Memorial Day</p>	<p>30</p> <p>Potato Knish w/Mustard & Sour Cream Beet Borsht Russian Cabbage Salad Fruit Cottage Cheese</p>	<p>31</p> <p>Hand Breaded Chicken Strips w/Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread</p>	<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 style="text-align: right;">* Candle Lighting Times per Chabad.org</p>

 **MAYERSON JCC**
of Cincinnati

(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