


January 2024

60 & Better Congregate Lunch Menu

Served 12:00 -12:15pm - Monday through Friday

Mon	Tue	Wed	Thu	Fri
1 60 & Better Center Closed for observance of Federal Holiday	2 Baked Chicken Schnitzel w/Honey Mustard Sauce Noodles Peas Pears Cinnamon Babka	3 Roasted Vegetable Lasagna w/White Sauce Green Beans Slice of Garlic Bread Orange	4 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie	5 Herb Roasted Chicken (thigh) Sweet Potato Casserole Capri Blend Challah & Grape Juice Strawberry Shortcake *5:09 pm
8 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Baked Apples	9 Chicken Cacciatore Couscous Italian Green Beans Pears Cake Happy Birthday!	10 White Bean Chicken Chili Cornbread Coleslaw Pineapple Surprise Cookie	11 Open Faced Roast Beef w/Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka	12 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & Grape Juice Apple Pie *5:15 pm
15 60 & Better Center Closed for observance of Federal Holiday	16 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	17 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pears Rugelach	18 Quiche with Broccoli & Cheddar Hash Brown Potato Grapes Whole Wheat Bread	19 BBQ Chicken (breast) Potato Salad Coleslaw Challah & Grape Juice Cherry Cobbler *5:23 pm
22 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Mandarin Oranges w/ Topping	23 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	24 Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad	25 Apricot Chicken (breast) Israeli Couscous Carrots Peach Cobbler Tu B'Shevat Luncheon	26 Grilled Salmon w/Lemon-Dill Sauce Toasted Israeli Couscous Glazed Carrots Challah & Grape Juice Blueberries ** Please RSVP *5:31 pm
29 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	30 Roasted Turkey w/Gravy Stuffing Capri Blend Vegetables Cranberry Compote Whole Wheat Dinner Roll	31 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Fresh Fruit Salad 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

 **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**