



February 2024

60 & Better Congregate Lunch Menu

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

Mon	Tue	Wed	Thu	Fri
 MAYERSON JCC <i>of Cincinnati</i>	<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>	 <i>* Candle Lighting Times per Chabad.org</i>	1 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges Cookie	2 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Sweet Kugel *5:39 pm
5 Stuffed Pepper w/Rice and Beef Mashed Potatoes Seasoned Corn Grapes Whole Wheat Dinner roll	6 Potato Knish w/Mustard & Sour Cream Beet Borsht Russian Cabbage Salad Fruit Cottage Cheese	7 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	Chef 8 Special Braised Short-Ribs Garlic & Onion Mashed Potatoes Green Beans Quinoa salad Dinner Roll Blueberries Please RSVP – limited availability	9 Oven Fried Chicken (thigh) Roasted Red Potatoes Prince Charles Blend Vegetables Challah & Grape Juice Rugelach *5:47 pm
12 Egg Salad on a Challah Roll Matzo Ball Soup Sweet & Sour Slaw Pineapples & Cottage Cheese	13 Baked Chicken Schnitzel w/Honey Mustard Sauce Noodles Peas Pears Cake Happy Birthday!	14 Roasted Vegetable Lasagna w/White Sauce Green Beans Slice of Garlic Bread Orange	15 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie	16 Herb Roasted Chicken (thigh) Sweet Potato Casserole Capri Blend Challah & Grape Juice Strawberry Shortcake Winter Luncheon *5:55 pm
19 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Baked Apples	20 Chicken Cacciatore Couscous Italian Green Beans Pears Cookie	21 White Bean Chicken Chili Cornbread Coleslaw Pineapple Surprise Cookie	22 Open Faced Roast Beef w/ Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka	23 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & Grape Juice Apple Pie *6:03 pm
26 Hand Breaded Chicken Strips w/ Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	27 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	28 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pears Rugelach	29 Quiche with Broccoli & Cheddar Hash Brown Potato Grapes Whole Wheat Bread	

(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 JCafe & To Go
 Meals** (must be a member) are \$4
****Must order by 8am & pick-up from 12pm - 3pm**