



March 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 BBQ Chicken (breast) Potato Salad Coleslaw Challah & Grape Juice Cherry Cobbler **No To Go Meals** *6:11 pm
4 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Mandarin Oranges w/Topping	5 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	6 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin	7 Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad	8 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler *6:19 pm
11 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	12 Roasted Turkey w/Gravy Stuffing Capri Blend Vegetables Cranberry Compote Whole Wheat Dinner Roll Cake Happy Birthday!	13 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Fresh Fruit Salad Cinnamon Babka	14 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/ Red & Green Peppers & Onions Mandarin Oranges Cookie	15 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Sweet Kugel *7:26 pm
18 Stuffed Pepper w/Rice and Beef Mashed Potatoes Seasoned Corn Grapes Whole Wheat Dinner roll	19 Potato Knish w/Mustard & Sour Cream Beet Borsht Russian Cabbage Salad Fruit Cottage Cheese	20 Hand Breaded Chicken Strips w/Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	21 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	22 Oven Fried Chicken (thigh) Roasted Red Potatoes Prince Charles Blend Vegetables Challah & Grape Juice Hamantaschen Purim Luncheon *7:33 pm
25 Egg Salad on a Challah Roll Matzo Ball Soup Sweet & Sour Slaw Pineapples & Cottage Cheese	26 Baked Chicken Schnitzel w/Honey Mustard Sauce Noodles Peas Pears Cinnamon Babka	27 Roasted Vegetable Lasagna w/White Sauce Green Beans Slice of Garlic Bread Orange	28 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie	29 Herb Roasted Chicken (thigh) Sweet Potato Casserole Capri Blend Challah & Grape Juice Strawberry Shortcake *7:39 pm

(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**