


May 2024

60 & Better Congregate Lunch Menu

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

Mon	Tue	Wed	Thu	Fri
 <p>* Candle Lighting Times per Chabad.org</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>1 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple</p>	<p>2 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka</p>	<p>3 Chicken & Dumplings Carrots and Peas Green Beans Challah & Grape Juice Blueberry Cobbler *8:14 pm</p>
<p>6 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Apple Crumble</p>	<p>7 Baked Chicken Schnitzel with Panko Breading German Potato Salad Peas Pear Chocolate Babka</p>	<p>8 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie</p>	<p>9 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges Sugar Free Cookie</p>	<p>10 Beef Tzimmes w/Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice *8:20 pm</p>
<p>13 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Rugelach</p>	<p>14 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Cake Happy Birthday!</p>	<p>15 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake</p>	<p>16 Potato Boureka Lentil Soup Quinoa Salad w/Cucumber & Tomato Cottage Cheese w/Peaches</p>	<p>17 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Chocolate Babka *8:27 pm Parent Luncheon</p>
<p>20 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple</p>	<p>21 Brisket Soft Taco Lime Slaw Pico De Gaillo Black Beans & Rice Orange</p>	<p>22 Hungarian Goulash w/Beef, Tomatoes, Potatoes Egg Noodles Peas & Carrots Fruit Salad</p>	<p>23 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge</p>	<p>24 Corned Beef German Potato Salad Green Beans Challah & Grape Juice Apple Pie *8:33 pm</p>
<p>27 60 & Better Center Closed for Memorial Day</p>	<p>28 Egg Salad on a Challah Roll Matzo Ball Soup Israeli Salad Pineapples & Cottage Cheese</p>	<p>29 Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad</p>	<p>30 Veggie Tikka Masala w/Vegetables: Tomato, Carrots, Cauliflower & Chickpeas Couscous Naan Blueberries</p>	<p>31 BBQ Chicken (breast) Potato Salad Coleslaw Baked Beans Challah & Grape Juice Cherry Cobbler *8:38 pm</p>



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

(513) 761-7500 ext. 1222
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**