


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>3</p> <p>Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin</p>	<p>4</p> <p>Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka</p>	<p>5</p> <p>Stir Fry Beef & Broccoli Rice Edamame Fresh Fruit Salad Cinnamon Babka</p>	<p>6</p> <p>Chicken Gyro w/ Whole Wheat Pita Beet Hummus Lentils Blueberries</p>	<p>7</p> <p>Herb Roasted Chicken (thigh) Sweet Potato Casserole Vegetable Medley Challah & Grape Juice Strawberry Shortcake *8:42 pm</p>
<p>10</p> <p>(2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple</p>	<p>11</p> <p>Roasted Vegetable Lasagna w/White Sauce Green Beans Garlic Bread Orange Cake</p> <p>Happy Birthday!</p>	<p>12</p> <p>60 & Better Center Closed for Shavuot 1st Day</p>	<p>13</p> <p>60 & Better Center Closed for Shavuot 2nd Day</p>	<p>14</p> <p>Chicken & Dumplings Carrots and Peas Green Beans Challah & Grape Juice Blueberry Cobbler *8:46 pm</p>
<p>17</p> <p>Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Apple Crumble</p>	<p>18</p> <p>Baked Chicken Schnitzel with Panko Breading German Potato Salad Peas Pear Chocolate Babka</p>	<p>19</p> <p>Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie</p>	<p>20</p> <p>Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges Sugar Free Cookie</p>	<p>21</p> <p>Beef Tzimmes w/Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice *8:48 pm</p>
<p>24</p> <p>Potato Boureka Lentil Soup Quinoa Salad w/Cucumber & Tomato Cottage Cheese w/Peaches</p>	<p>25</p> <p>Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Rugelach</p>	<p>26</p> <p>Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake</p>	<p>27</p> <p>Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie</p>	<p>28</p> <p>BBQ Chicken (breast) Potato Salad Coleslaw Baked Beans Challah & Grape Juice Cherry Cobbler *8:48 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