


September 2024

60 & Better Congregate Lunch Menu

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

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>60 & Better Center Closed for Labor Day</p>	<p>3</p> <p>Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka</p>	<p>4</p> <p>Roasted Turkey w/Gravy Stuffing Vegetable Medley Cranberry Compote Whole Wheat Dinner Roll</p>	<p>5</p> <p>Quiche with Broccoli & Cheddar Soup Grapes Whole Wheat Bread</p>	<p>6</p> <p>Chicken & Dumplings Carrots and Peas Green Beans Challah & Grape Juice Blueberry Cobbler</p> <p>*7:40 pm</p>
<p>9</p> <p>Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Apple Crumble</p>	<p>10</p> <p>Louisiana Tilapia Red Beans & Rice Succotash Apple Cake</p> <p>Happy Birthday!</p>	<p>11</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>12</p> <p>Roasted Vegetable Lasagna w/White Sauce Green Beans Garlic Bread Orange</p>	<p>13</p> <p>Beef Tzimmes w/Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice</p> <p>*7:28 pm</p>
<p>16</p> <p>Potato Boureka Lentil Soup Quinoa Salad w/Cucumber & Tomato Cottage Cheese w/Peaches</p>	<p>17</p> <p>Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Rugelach</p>	<p>Chef 18 Special</p> <p>Braised Short-Ribs Garlic & Onion Mashed Potatoes Green Beans Quinoa salad w/onion, tomato & cucumber Dinner Roll Blueberries</p> <p>*Please RSVP - limited availability*</p>	<p>19</p> <p>Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie</p>	<p>20</p> <p>Herb Roasted Chicken (thigh) Sweet Potato Casserole Vegetable Medley Challah & Grape Juice Strawberry Shortcake</p> <p>*7:17 pm</p>
<p>23</p> <p>Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple</p>	<p>24</p> <p>Brisket Soft Taco Lime Slaw Pico De Gaillo Black Beans & Rice Orange</p>	<p>25</p> <p>White Bean Chicken Chili Cornbread Coleslaw Melon Medley</p>	<p>26</p> <p>Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge</p>	<p>27</p> <p>Grilled Salmon w/Lemon-Dill Sauce Toasted Israeli Couscous Green Beans Apple Slices and Honey Honey Cake</p> <p>*7:06 pm</p> <p>Rosh Hashanah Luncheon</p>
<p>30</p> <p>Egg Salad on a Challah Roll Matzo Ball Soup Israeli Salad Pineapples & Cottage Cheese</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>* Candle Lighting Times per Chabad.org</p>

 **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**