


October 2024

60 & Better Congregate Lunch Menu

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

Mon	Tue	Wed	Thu	Fri
<p><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></p>	<p>1 Baked Chicken Schnitzel with Panko Breading German Potato Salad Peas Pear Chocolate Babka</p>	<p>2 Veggie Tikka Masala w/Vegetables: Tomato, Carrots, Cauliflower & Chickpeas Couscous Blueberries Naan</p>	<p>3 60 & Better Center Closed for Rosh Hashanah</p>	<p>4 60 & Better Center Closed for Rosh Hashanah *6:55 pm</p>
<p>7 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin</p>	<p>8 Chicken on Taco Salad with Chopped Lettuce, Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips & Salsa Fruit Salad Cake Happy Birthday!</p>	<p>9 Stir Fry Beef & Broccoli Rice Edamame Fresh Fruit Salad Cinnamon Babka</p>	<p>10 Chicken Gyro w/ Whole Wheat Pita Beet Hummus Lentils Blueberries</p>	<p>11 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Chocolate Babka *6:44 pm</p>
<p>14 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple</p>	<p>15 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka</p>	<p>16 Roasted Turkey w/Gravy Stuffing Vegetable Medley Cranberry Compote Whole Wheat Dinner Roll</p>	<p>17 60 & Better Center Closed for Sukkot</p>	<p>18 60 & Better Center Closed for Sukkot *6:34 pm</p>
<p>21 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Apple Crumble</p>	<p>22 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie</p>	<p>23 Roasted Vegetable Lasagna w/White Sauce Green Beans Garlic Bread Orange Sukkot Luncheon</p>	<p>24 60 & Better Center Closed for Shemini Atzeret</p>	<p>25 60 & Better Center Closed for Simchat Torah *6:24 pm</p>
<p>28 Potato Boureka Lentil Soup Quinoa Salad w/Cucumber & Tomato Cottage Cheese w/Peaches</p>	<p>29 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Rugelach</p>	<p>30 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake</p>	<p>31 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie</p>	<p> * Candle Lighting Times per Chabad.org</p>



(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