

# November 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>* Candle Lighting Times per Chabad.org</p>			<p>1 Burger or Beef Hot Dog Potato Salad Coleslaw Mellon Apple Pie *6:16 pm <b>Fall Grill Out</b> <b>**NO TO GO MEALS**</b></p>
<p>4 Tuna Salad on a Challah Roll Lettuce, Tomato &amp; Onion Vegetable Soup Green Apple</p>	<p>5 Brisket Soft Taco Lime Slaw Pico De Gaillo Black Beans &amp; Rice Orange</p>	<p>6 White Bean Chicken Chili Cornbread Coleslaw Melon Medley</p>	<p>7 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge</p>	<p>8 Corned Beef German Potato Salad Green Beans Challah &amp; Grape Juice Apple Pie *5:09 pm</p>
<p>11 Egg Salad on a Challah Roll Matzo Ball Soup Israeli Salad Pineapples &amp; Cottage Cheese</p>	<p>12 Chicken on Taco Salad with Chopped Lettuce, Tomatoes, Onions &amp; Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad Cake <b>Happy Birthday!</b></p>	<p>13 Veggie Tikka Masala w/Vegetables: Tomato, Carrots, Cauliflower &amp; Chickpeas Couscous Blueberries Naan</p>	<p>14 Open Faced Roast Beef w/Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka</p>	<p>15 BBQ Chicken (breast) Potato Salad Coleslaw Baked Beans Challah &amp; Grape Juice Cherry Cobbler *5:03 pm</p>
<p>18 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin</p>	<p>19 Roasted Vegetable Lasagna w/White Sauce Green Beans Garlic Bread Orange</p>	<p>20 Stir Fry Beef &amp; Broccoli Rice Edamame Fresh Fruit Salad Cinnamon Babka</p>	<p>21 Chicken Gyro w/ Whole Wheat Pita Beet Hummus Lentils Blueberries</p>	<p>22 Roasted Turkey w/Gravy Stuffing Vegetable Medley Challah &amp; Grape Juice Cranberry Compote *4:58 pm <b>Thanksgiving Luncheon</b></p>
<p>25 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple</p>	<p>26 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka</p>	<p>27 Quiche with Broccoli &amp; Cheddar Soup Grapes Whole Wheat Bread</p>	<p>28 <b>60 &amp; Better Center Closed for Thanksgiving</b></p>	<p>29 <b>60 &amp; Better Center Closed for Day after Thanksgiving</b>  *4:55 pm</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**