

Mon	Tue	Wed	Thu	Fri
		1 60 & Better Center Closed for observance of Federal Holiday	2 Chicken Gyro w/ Whole Wheat Pita Beet Hummus Lentils Blueberries	3 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Chocolate Babka *5:08 pm
6 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple	7 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	8 Grilled Salmon w/Lemon-Dill Sauce Toasted Israeli Couscous Green Beans Cheesecake topped with Blueberries New Year Luncheon	9 Quiche with Broccoli & Cheddar Soup Grapes Whole Wheat Bread	10 Chicken & Dumplings Carrots and Peas Green Beans Challah & Grape Juice Blueberry Cobbler *5:14 pm
13 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Apple Crumble	14 Baked Chicken Schnitzel with Panko Breading German Potato Salad Peas Pear Cake Happy Birthday!	15 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	16 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges Sugar Free Cookie	17 Beef Tzimmes w/Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice *5:22 pm
20 60 & Better Center Closed for observance of Federal Holiday	21 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Rugelach	22 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake	23 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie	24 Herb Roasted Chicken (thigh) Sweet Potato Casserole Vegetable Medley Challah & Grape Juice Strawberry Shortcake *5:30 pm
27 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	28 Brisket Soft Taco Lime Slaw Pico De Gallo Black Beans & Rice Orange	29 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	30 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	31 Corned Beef German Potato Salad Green Beans Challah & Grape Juice Apple Pie *5:38 pm

8485 Ridge Rd, Cincinnati, OH 45236 - Served in the Amberley Room Gallery (subject to change), Mon–Fri from 12pm – 12:15pm

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

- \$4 suggested donation per person, per meal over age 60 & \$11/meal for friends and family under age 60
 - The 60 & Better Super Senior Meal Deal is an available alternative at the J Cafe – other café items are available at full price & for members under age 60
- To Go Meals (must be a member) are \$4 each with a max of 2 per member, per day. **Must order by 8am & pick-up from 12pm - 3pm each day**

This facility uses items or products that may contain or come in contact with these allergens: milk, egg, fish, tree nuts, peanuts, wheat, soy and sesame.