

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Egg Salad on a Challah Roll Matzo Ball Soup Israeli Salad Pineapples &amp; Cottage Cheese</p>	<p>4</p> <p>Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions &amp; Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad</p>	<p>5</p> <p>Veggie Tikka Masala w/Vegetables: Tomato, Carrots, Cauliflower &amp; Chickpeas Couscous Blueberries Naan</p>	<p>6</p> <p>Open Faced Roast Beef w/Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka</p>	<p>7</p> <p>BBQ Chicken (breast) Potato Salad Coleslaw Baked Beans Challah &amp; Grape Juice Cherry Cobbler *5:46 pm</p>
<p>10</p> <p>Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin</p>	<p>11</p> <p>Roasted Vegetable Lasagna w/White Sauce Green Beans Garlic Bread Orange Cake</p> <p><b>Happy Birthday!</b></p>	<p>12</p> <p>Stir Fry Beef &amp; Broccoli Rice Edamame Fresh Fruit Salad Cinnamon Babka</p>	<p>13</p> <p>Apricot Chicken (breast) Israeli Couscous Green Beans Cherry Cobbler</p> <p><b>Tu B'Shvat Luncheon</b></p>	<p>14</p> <p>Brisket Mashed Potatoes &amp; Gravy Green Beans Challah &amp; Grape Juice Chocolate Babka *5:54 pm</p>
<p>17</p> <p>(2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple</p>	<p>18</p> <p>Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka</p>	<p>19</p> <p>Roasted Turkey w/Gravy Stuffing Vegetable Medley Cranberry Compote Whole Wheat Dinner Roll</p>	<p>20</p> <p>Quiche with Broccoli &amp; Cheddar Soup Grapes Whole Wheat Bread</p>	<p>21</p> <p>Chicken &amp; Dumplings Carrots and Peas Green Beans Challah &amp; Grape Juice Blueberry Cobbler *6:02 pm</p>
<p>24</p> <p>Toasted Bagel &amp; Lox Cream Cheese Sliced Tomato, Onion &amp; Cucumber Vegetable Soup Apple Crumble</p>	<p>25</p> <p>Baked Chicken Schnitzel with Panko Breading German Potato Salad Peas Pear Chocolate Babka</p>	<p>26</p> <p>Louisiana Tilapia Red Beans &amp; Rice Succotash Apple Cookie</p>	<p>27</p> <p>Chicken Salad in a Wrap with Pickles Cucumber &amp; Tomato Salad Potato Salad w/Red &amp; Green Peppers &amp; Onions Mandarin Oranges Sugar Free Cookie</p>	<p>28</p> <p>Beef Tzimmes w/Sweet Potatoes, Apricots, Carrots &amp; Onions Orzo Salad w/Cucumber &amp; Tomato Challah &amp; Grape Juice *6:10 pm</p>

**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.*