

Mon	Tue	Wed	Thu	Fri
				1 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Chocolate Babka *8:29 pm
4 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple	5 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	6 Roasted Turkey w/Gravy Stuffing Vegetable Medley Cranberry Compote Whole Wheat Dinner Roll	7 L'Chaim Brunch Buffet Corned Beef Hash w/Root Veg. Quiche w/Spinach&Mushrooms Mixed Greens w/Lemon Vinagrt. Fruit Salad; Babka, Mini Muff. **No To Go Meals**	8 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & Grape Juice Apple Pie *8:22 pm
11 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Apple Crumble	12 Baked Chicken Schnitzel with Panko Breading German Potato Salad Peas Pear Cake Happy Birthday!	13 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Fresh Fruit Salad Cinnamon Babka	14 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges Sugar Free Cookie	15 Beef Tzimmes w/Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice *8:13 pm
18 Veggie Tikka Masala w/Vegetables: Tomato, Carrots, Cauliflower & Chickpeas Couscous Blueberries Naan	19 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Rugelach	20 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	21 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie	22 Herb Roasted Chicken (thigh) Sweet Potato Casserole Vegetable Medley Challah & Grape Juice Strawberry Shortcake *8:03 pm
25 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	26 Brisket Soft Taco Lime Slaw Pico De Gallo Black Beans & Rice Orange	27 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake	28 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	29 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler *7:53 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 JCafe – 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.