

Mon	Tue	Wed	Thu	Fri
			1 <b>60 &amp; Better Center Closed for observance of Federal Holiday</b>	2 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Challah & Grape Juice Fresh Fruit Salad *5:07 pm
5 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple	6 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	7 Roasted Turkey w/Gravy Stuffing Vegetable Medley Cranberry Compote Whole Wheat Dinner Roll	8 Quiche with Broccoli & Cheddar Soup Grapes Whole Wheat Bread	9 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & Grape Juice Apple Pie *5:13 pm
12 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Apple Crumble	13 Baked Chicken Schnitzel w/Honey Mustard German Potato Salad Peas Pear Cake <b>Happy Birthday!</b>	14 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	15 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges Sugar Free Cookie	16 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Chocolate Babka *5:20 pm
19 <b>60 &amp; Better Center Closed for observance of Federal Holiday</b>	20 Brisket Soft Tacos Lime Slaw Pico De Gallo Black Beans & Rice Orange	21 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake <b>New Year Luncheon</b>	22 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	23 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler *5:28 pm
26 Egg Salad on a Challah Roll Matzo Ball Soup Israeli Salad Pineapples & Cottage Cheese	27 Chicken on Taco Salad with Chopped Lettuce, Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad	28 Open Faced Roast Beef w/Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka	29 BBQ Chicken (breast) Potato Salad Coleslaw Baked Beans Cherry Cobbler	30 Beef Tzimmes w/ Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice *5:36 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 & \$12/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.*