

Mon	Tue	Wed	Thu	Fri
			1 60 & Better Center Closed for observance of Federal Holiday	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 Happy Birthday!	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 60 & Better Center Closed for observance of Federal Holiday	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 New Year Luncheon	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.