

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2 Grilled Salmon w/Lemon-Dill Sauce Toasted Israeli Couscous Green Beans Peach Cobbler <i>Tu B'Shvat Luncheon</i>	3 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Rugelach	4 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	5 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie	6 Herb Roasted Chicken (thigh) Sweet Potato Casserole Vegetable Medley Challah & Grape Juice Strawberry Shortcake *5:45 pm
9 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin	10 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge Cake <i>Happy Birthday!</i>	11 Roasted Vegetable Lasagna w/White Sauce Green Beans Garlic Bread Orange	12 Hand Breaded Chicken Strips w/Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	13 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Challah & Grape Juice Fresh Fruit Salad *5:53 pm
16 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple	17 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	18 Roasted Turkey w/Gravy Stuffing Vegetable Medley Cranberry Compote Whole Wheat Dinner Roll	19 Quiche with Broccoli & Cheddar Soup Grapes Whole Wheat Bread	20 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & Grape Juice Apple Pie *6:01 pm
23 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Apple Crumble	24 Baked Chicken Schnitzel w/Honey Mustard German Potato Salad Peas Pear Chocolate Babka	25 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	26 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges Sugar Free Cookie	27 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Hamantaschen *6:08 pm <i>Purim Luncheon</i>

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.