

Mon	Tue	Wed	Thu	Fri
2 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	3 Brisket Soft Tacos Lime Slaw, Pico De Gallo Black Beans & Rice Orange	4 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake	5 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	6 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler *6:16 pm
9 Egg Salad on a Challah Roll Matzo Ball Soup Israeli Salad Pineapples & Cottage Cheese	10 Chicken on Taco Salad with Chopped Lettuce, Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips, Fruit Salad Cake Happy Birthday!	11 Open Faced Roast Beef w/Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka	12 BBQ Chicken (breast) Potato Salad Coleslaw Baked Beans Cherry Cobbler	13 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Challah & Grape Juice Fresh Fruit Salad *7:23 pm
16 Veggie Tikka Masala w/Vegetables: Tomato, Carrots, Cauliflower & Chickpeas Couscous Naan Blueberries	17 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Rugelach	18 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	19 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie	20 Herb Roasted Chicken (thigh) Sweet Potato Casserole Vegetable Medley Challah & Grape Juice Strawberry Shortcake *7:30 pm
23 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin	24 Stir Fry Beef & Broccoli Rice Edamame Fresh Fruit Salad Cinnamon Babka	25 Roasted Vegetable Lasagna w/White Sauce Green Beans Garlic Bread Orange	26 Seder Plate & Gefilte Fish Matzo Ball Soup Brisket Red Smashed Potatoes Roasted Vegetables Fruit (place holder) Passover Seder **No To Go Meals**	27 Hand Breaded Chicken Strips w/Honey Mustard Sauce Israeli Salad Kashi Fruit Challah & Grape Juice *7:37 pm
30 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple	31 Cincinnati Style Chili Spaghetti, Saltines Snap Peas, Salad Sliced Peaches Cinnamon Babka			

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 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.