

Mon	Tue	Wed	Thu	Fri
				1 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Challah & Grape Juice Fresh Fruit Salad *8:11 pm <b>Mother's Day Luncheon</b>
4 Veggie Tikka Masala w/Vegetables: Tomato, Carrots, Cauliflower & Chickpeas Couscous Naan Blueberries	5 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Rugelach	6 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie	7 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	8 Herb Roasted Chicken (thigh) Sweet Potato Casserole Vegetable Medley Challah & Grape Juice Strawberry Shortcake *8:18 pm
11 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin	12 Stir Fry Beef & Broccoli Rice Edamame Fresh Fruit Salad Cake <b>Happy Birthday!</b>	13 Roasted Vegetable Lasagna w/White Sauce Green Beans Garlic Bread Orange	14 Hand Breaded Chicken Strips w/Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	15 Beef Tzimmes w/ Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice *8:24 pm
18 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple	19 Cincinnati Style Chili, Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	20 Roasted Turkey w/Gravy Stuffing Vegetable Medley Cranberry Compote Whole Wheat Dinner Roll	21 Quiche with Broccoli & Cheddar Soup Grapes Whole Wheat Bread	22 <b>60 &amp; Better Center Closed for observance of 1<sup>st</sup> day of Shavuot</b>
25 <b>60 &amp; Better Center Closed for observance of Federal Holiday</b>	26 Baked Chicken Schnitzel w/Honey Mustard German Potato Salad Peas Pear Chocolate Babka	27 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	28 Chicken Salad in Wrap w/Pickles Cucumber & Tomato Salad Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges Cookie	29 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Chocolate Babka *8:36 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 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.*