

| Mon   | Tue  | Wed   | Thu  | Fri  |
|---|--|---|--|--|
| 1<br>Tuna Salad on a Challah Roll<br>Lettuce, Tomato & Onion<br>Vegetable Soup<br>Green Apple                       | 2<br>Cabbage Roll w/Rice and Beef<br>Mashed Potato<br>Zucchini<br>Pear<br>Rugelach   | 3<br>Oven Fried Chicken (thigh)<br>Roasted Red Potatoes<br>Vegetable Medley<br>Breadstick<br>Strawberry Shortcake                 | 4<br>Whole Wheat Spaghetti<br>Turkey Meat Sauce<br>Broccoli<br>Bread Stick<br>Melon Wedge  | 5<br>Apricot Chicken (breast)<br>Israeli Couscous<br>Carrots<br>Challah & Grape Juice<br>Peach Cobbler *8:41 pm                        |
| 8<br>Egg Salad on a Challah Roll<br>Matzo Ball Soup<br>Israeli Salad<br>Pineapples & Cottage Cheese                 | 9<br>Chicken on Taco Salad with Chopped Lettuce<br>Tomatoes, Onions & Black Olives<br>Low Sodium Dressing<br>Tortilla Chips<br>Fruit Salad<br>Cake<br><b>Happy Birthday!</b> | 10<br>Open Faced Roast Beef w/Gravy on Whole Wheat Bread<br>Vegetable Medley<br>Mashed Potatoes<br>Green Apple<br>Chocolate Babka | 11<br><b>J Classic<br/>No Congregate Lunch or To Go Meals Today<br/>J Café is open</b>   | 12<br>Brisket<br>Mashed Potatoes & Gravy<br>Green Beans<br>Challah & Grape Juice<br>Chocolate Babka *8:45 pm                           |
| 15<br>Veggie Tikka Masala w/Vegetables: Tomato, Carrots, Cauliflower & Chickpeas<br>Couscous<br>Naan<br>Blueberries | 16<br>Brisket, Soft Tacos<br>Lime Slaw<br>Pico De Gillo<br>Black Beans & Rice<br>Orange  | 17<br>White Bean Chicken Chili<br>Cornbread<br>Coleslaw<br>Melon Medley   | 18<br>Herb Roasted Chicken (thigh)<br>Sweet Potato Casserole<br>Vegetable Medley<br>Strawberry Shortcake<br><br><b>Father's Day Luncheon</b> | 19<br>Meatloaf w/Gravy<br>Garlic Mashed Potatoes<br>Carrots<br>Sliced Melon<br>Challah & Grape Juice<br>Apple Pie *8:49 pm             |
| 22<br>Baked Fish<br>Rice Pilaf<br>Squash Medley<br>Red Apple<br>Large Muffin  | 23<br>Stir Fry Beef & Broccoli<br>Rice<br>Edamame<br>Fresh Fruit Salad<br>Cinnamon Babka   | 24<br>Roasted Vegetable Lasagna w/White Sauce<br>Green Beans<br>Garlic Bread<br>Orange  | 25<br>Hand Breaded Chicken Strips w/Honey Mustard Sauce<br>Israeli Salad<br>Kashi<br>Fruit<br>Whole Wheat Bread                              | 26<br>Beef Tips on Whole Wheat Noodles<br>Oregon Blend Vegetables<br>Breadstick<br>Challah & Grape Juice<br>Fresh Fruit Salad *8:48 pm |
| 29<br>(2) Cheese Blintzes with Sour Cream<br>Potato Pancake<br>Cream Spinach<br>Red Apple                           | 30<br>Cincinnati Style Chili<br>Spaghetti<br>Saltines<br>Snap Peas, Salad<br>Sliced Peaches<br>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.*