

Mon	Tue	Wed	Thu	Fri
		1 Roasted Turkey w/Gravy Stuffing Vegetable Medley Cranberry Compote Whole Wheat Dinner Roll	2 Quiche with Broccoli & Cheddar Soup Grapes Whole Wheat Bread	3 60 & Better Center Closed for observance of Federal Holiday
6 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	7 Baked Chicken Schnitzel w/Honey Mustard German Potato Salad Peas Pear Chocolate Babka	8 Grilled Salmon w/Lemon-Dill Sauce Toasted Israeli Couscous Green Beans Peach Cobbler Summer Lunch & Line Dancing	9 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges Cookie	10 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Chocolate Babka *8:45 pm
13 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Apple Crumble	14 Brisket, Soft Tacos Lime Slaw Pico De Gallo Black Beans & Rice Orange Cake Happy Birthday!	15 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake	16 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	17 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler *8:42 pm
20 Egg Salad on a Challah Roll Matzo Ball Soup Israeli Salad Pineapples & Cottage Cheese	21 Chicken on Taco Salad with Chopped Lettuce, Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad	22 Open Faced Roast Beef w/Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka	23 BBQ Chicken (breast) Potato Salad Coleslaw Baked Beans Cherry Cobbler	24 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Challah & Grape Juice Fresh Fruit Salad *8:37 pm
27 Veggie Tikka Masala w/Vegetables: Tomato, Carrots, Cauliflower & Chickpeas Couscous Naan Blueberries	28 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Rugelach	29 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots, Sliced Melon Whole Wheat Dinner Roll Apple Pie	30 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	31 Herb Roasted Chicken (thigh) Sweet Potato Casserole Vegetable Medley Challah & Grape Juice Strawberry Shortcake *8:30 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.