

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
3 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin	4 Stir Fry Beef & Broccoli Rice Edamame Fresh Fruit Salad Cinnamon Babka	5 Roasted Vegetable Lasagna w/White Sauce Green Beans Garlic Bread Orange	6 Hand Breaded Chicken Strips w/Honey Mustard Sauce Israeli Salad, Kashi Fruit Whole Wheat Bread	7 Beef Tzimmes w/ Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice Cookie <i>*8:23 pm</i>
10 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple	11 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cake <i>Happy Birthday!</i>	12 Roasted Turkey w/Gravy Stuffing Vegetable Medley Cranberry Compote Whole Wheat Dinner Roll	13 <i>L'Chaim Jazz Brunch</i> Crispy Chicken & Waffles Salad & Poppy Seed Dressing w/Strawberries & Man. Oranges Herb Roasted Potatoes Fruit Salad, Carrot Cake/Cookies <i>**No To Go Meals**</i>	14 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & Grape Juice Apple Pie <i>*8:14 pm</i>
17 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Apple Crumble	18 Baked Chicken Schnitzel w/Honey Mustard German Potato Salad Peas Pear Chocolate Babka	19 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	20 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges, Cookie	21 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Chocolate Babka <i>*8:04 pm</i>
24 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	25 Brisket Soft Tacos Lime Slaw Pico De Gallo Black Beans & Rice, Orange	26 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake	27 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	28 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler <i>*7:54 pm</i>
31 Egg Salad on a Challah Roll Matzo Ball Soup Israeli Salad Pineapples & Cottage Cheese				

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.