

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	1 2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple	2 Open Faced Roast Beef w/Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka	3 BBQ Chicken (breast) Potato Salad Coleslaw Baked Beans Cherry Cobbler	4 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Apple Pie *7:44 pm Rosh Hashanah Luncheon
7 60 & Better Center Closed for Labor Day	8 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Cake Happy Birthday!	9 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	10 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Cinnamon Babka	11 Herb Roasted Chicken (thigh) Sweet Potato Casserole Vegetable Medley Challah & Grape Juice Strawberry Shortcake *7:33 pm
14 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin	15 Stir Fry Beef & Broccoli Rice Edamame Fresh Fruit Salad Cinnamon Babka	16 Roasted Vegetable Lasagna w/White Sauce Green Beans Garlic Bread Orange	17 Hand Breaded Chicken Strips w/Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	18 Beef Tzimmes w/ Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice Cookie *7:21 pm
21 60 & Better Center Closed Yom Kippur	22 Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips, Fruit Salad	23 Roasted Turkey w/Gravy Stuffing Vegetable Medley Cranberry Compote Whole Wheat Dinner Roll	24 Quiche with Broccoli & Cheddar Soup Grapes Whole Wheat Bread	25 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & Grape Juice Apple Pie *7:10 pm
28 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber, Vegetable Soup Apple Crumble	29 Baked Chicken Schnitzel w/Honey Mustard German Potato Salad Peas Pear, Chocolate Babka	30 Chicken Salad in a Wrap w/Pickles, Cucumber & Tomato Salad, Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges Sugar Free Cookie		

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.*