

Mon	Tue	Wed	Thu	Fri
			1 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	2 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler *6:59 pm Sukkot Luncheon
5 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	6 Cincinnati Style Chili Spaghetti, Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	7 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	8 Hand Breaded Chicken Strips w/Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	9 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Chocolate Babka *6:48 pm
12 60 & Better Center Closed for observance of Federal Holiday	13 Brisket, Soft Tacos Lime Slaw, Pico De Gallo Black Beans & Rice Orange Cake Happy Birthday!	14 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake	15 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	16 Beef Tzimmes w/ Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice Cookie *6:38 pm
19 Egg Salad on a Challah Roll Matzo Ball Soup Israeli Salad Pineapples & Cottage Cheese	20 Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips, Fruit Salad	21 Open Faced Roast Beef w/Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple, Chocolate Babka	22 BBQ Chicken (breast) Potato Salad Coleslaw Baked Beans Cherry Cobbler	23 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Challah & Grape Juice Fresh Fruit Salad *6:28 pm
26 Veggie Tikka Masala w/Vegetables: Tomato, Carrots, Cauliflower & Chickpeas Couscous Naan, Blueberries	27 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Rugelach	28 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake	29 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots, Sliced Melon Whole Wheat Dinner Roll Apple Pie	30 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & Grape Juice Apple Pie *6:19 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 JCafe – other café items are available at full price & for members under age 60
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			1 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	2 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler *6:59 pm Sukkot Luncheon
5 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	6 Cincinnati Style Chili Spaghetti, Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	7 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	8 Hand Breaded Chicken Strips w/Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	9 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Chocolate Babka *6:48 pm
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Mon	Tue	Wed	Thu	Fri
			1 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	2 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler *6:59 pm Sukkot Luncheon
5 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	6 Cincinnati Style Chili Spaghetti, Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	7 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	8 Hand Breaded Chicken Strips w/Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	9 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Chocolate Babka *6:48 pm
12 60 & Better Center Closed for observance of Federal Holiday	13 Brisket, Soft Tacos Lime Slaw, Pico De Gallo Black Beans & Rice Orange Cake Happy Birthday!	14 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake	15 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	16 Beef Tzimmes w/ Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice Cookie *6:38 pm
19 Egg Salad on a Challah Roll Matzo Ball Soup Israeli Salad Pineapples & Cottage Cheese	20 Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips, Fruit Salad	21 Open Faced Roast Beef w/Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple, Chocolate Babka	22 BBQ Chicken (breast) Potato Salad Coleslaw Baked Beans Cherry Cobbler	23 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Challah & Grape Juice Fresh Fruit Salad *6:28 pm
26 Veggie Tikka Masala w/Vegetables: Tomato, Carrots, Cauliflower & Chickpeas Couscous Naan, Blueberries	27 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Rugelach	28 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake	29 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots, Sliced Melon Whole Wheat Dinner Roll Apple Pie	30 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & Grape Juice Apple Pie *6:19 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

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			1 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	2 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler *6:59 pm Sukkot Luncheon
5 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	6 Cincinnati Style Chili Spaghetti, Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	7 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	8 Hand Breaded Chicken Strips w/Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	9 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Chocolate Babka *6:48 pm
12 60 & Better Center Closed for observance of Federal Holiday	13 Brisket, Soft Tacos Lime Slaw, Pico De Gallo Black Beans & Rice Orange Cake Happy Birthday!	14 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake	15 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	16 Beef Tzimmes w/ Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice Cookie *6:38 pm
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