MAYERSON JCC of Cincinnati

November 2026 - 60 & Better Congregate Lunch Menu

*Candle lighting times per Chabad.org

(513) 761-7500 ext. 1222

Mon	*Tue*	*Wed*	*Thu*	*Fri*
2 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin	3 Stir Fry Beef & Broccoli Rice Edamame Fresh Fruit Salad Cinnamon Babka	4 Roasted Vegetable Lasagna w/White Sauce Green Beans Garlic Bread Orange	5 Hand Breaded Chicken Strips w/Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	6 Beef Tzimmes w/ Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice Cookie *5:11 pm
9 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Red Apple	10 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cake ***Happy Birthday!***	11 Apricot Chicken (breast) Israeli Couscous Carrots Peach Cobbler	12 Quiche with Broccoli & Cheddar Soup Grapes Whole Wheat Bread	13 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & Grape Juice Apple Pie *5:05 pm
16 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Apple Crumble	17 Baked Chicken Schnitzel w/Honey Mustard German Potato Salad Peas Pear Chocolate Babka	18 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	19 Chicken Salad in a Wrap with Pickles, Cucumber & Tomato Salad, Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges Sugar Free Cookie	20 Roasted Turkey w/Gravy Stuffing, Vegetable Medley Cranberry Compote Challah & Grape Juice Apple Pie *5:00 pm ***Thanksgiving Luncheon***
23 Egg Salad on a Challah Roll Matzo Ball Soup Israeli Salad Pineapples & Cottage Cheese	24 Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips, Fruit Salad	25 Open Faced Roast Beef w/Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple, Chocolate Babka	26 ***60 & Better Center Closed for Thanksgiving***	27 ***60 & Better Center Closed for Day after Thanksgiving*** *4:56 pm
30 Veggie Tikka Masala w/Vegetables: Tomato, Carrots, Cauliflower & Chickpeas Couscous, Naan Blueberries				

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.