


# June 2018

## Congregate Lunch Menu

Served at Noon - Monday through Friday

Mon	Tue	Wed	Thu	Fri
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.	 *Candle Lighting Times per Chabad.org			1 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Sweet Kugel *8:38pm
4 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	5 Potato Knish w/ Mustard & Sour Cream Beet Borsht Russian Cabbage Salad Fruit Cottage Cheese	6 Open Faced Roast Beef w/ Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka	7 Hand Breaded Chicken Strips w/ Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	8 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler * 8:42pm
11 Stuffed Pepper w/ Rice and Beef Mashed Potatoes Seasoned Corn Grapes Whole Wheat Dinner roll	12 Roasted Turkey w/ Gravy Stuffing Capri Blend Vegetables Cranberry Compote Whole Wheat Dinner Roll Cake <b>Happy Birthday!</b>	13 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/ Red & Green Peppers & Onions Mandarin Oranges Cookie	14 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	15 Oven Fried Chicken (thigh) Roasted Red Potatoes Prince Charles Blend Vegetables Challah & Grape Juice Strawberry Shortcake <b>Father's Day Lunch!</b> * 8:46pm
18 Egg Salad on a Challah Roll Matzo Ball Soup Sweet & Sour Slaw Pineapples & Cottage Cheese	19 Baked Chicken Schnitzel w/Honey Mustard Sauce Noodles Peas Pears Cinnamon Babka	20 Roasted Vegetable Lasagna w/ White Sauce Green Beans Slice of Garlic Bread Orange	21 Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie	22 Herb Roasted Chicken (thigh) Sweet Potato Casserole Capri Blend Challah & Grape Juice Rugelach * 8:48pm
25 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Baked Apples	26 Chicken Cacciatore Couscous Italian Green Beans Pears Cookie	27 White Bean Chicken Chili Cornbread Coleslaw Pineapple Surprise Cookie	28 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Fresh Fruit Salad Cinnamon Babka	29 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & 4 oz. Grape Juice Apple Pie * 8:48pm



**MAYERSON JCC**  
of Cincinnati

**8485 Ridge Rd, Cincinnati, OH 45236**

**(513) 792-5667**

Rooms 120 & 121 Monday through Thursday  
Amberley Room Gallery Friday

\$3 suggested donation per person over age 60  
\$10 for friends and family under age 60

\*Super Senior Meal Deal at the J Cafe  
and To Go Meals (must be a member) are \$4