



# July 2018

## Congregate Lunch Menu

Served at Noon - Monday through Friday

Mon	Tue	Wed	Thu	Fri
2 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	3 All Beef Hotdog on Bun Cole Slaw Potato Salad Watermelon Cake <b>Red, White &amp; Blue Day!</b>	4 <b>SENIOR CENTER CLOSED</b>  <b>Independence Day</b>	5 Quiche with Broccoli & Cheddar Hash Brown Potato Grapes Whole Wheat Bread	6 BBQ Chicken (breast) Potato Salad Coleslaw Baked Beans Challah & Grape Juice Cherry Cobbler *8:47pm
9 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Mandarin Oranges w/ Topping	10 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge Cake <b>Happy Birthday!</b>	11 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin	12 Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad	13 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Sweet Kugel *8:44pm
16 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	17 Roasted Turkey w/ Gravy Stuffing Capri Blend Vegetables Cranberry Compote Whole Wheat Dinner Roll	18 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Fresh Fruit Salad Cinnamon Babka	19 Chicken Salad in a Wrap with Pickles, Cucumber & Tomato Salad, Potato Salad w/ Red & Green Peppers & Onions Mandarin Oranges Cookie	20 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler * 8:40pm
23 Stuffed Pepper w/ Rice and Beef Mashed Potatoes Seasoned Corn Grapes Whole Wheat Dinner roll	24 Potato Knish w/ Mustard & Sour Cream Beet Borsht Russian Cabbage Salad Fruit Cottage Cheese	25 Hand Breaded Chicken Strips w/ Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread	26 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka	27 Oven Fried Chicken (thigh) Roasted Red Potatoes Prince Charles Blend Vegetables Challah & Grape Juice Rugelach * 8:34pm
30 Egg Salad on a Challah Roll Matzo Ball Soup Sweet & Sour Slaw Pineapples & Cottage Cheese	31 Baked Chicken Schnitzel w/Honey Mustard Sauce Noodles Peas Pears Cinnamon Babka		 *Candle Lighting Times per Chabad.org	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.

 **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