


Mon	Tue	Wed	Thu	Fri
<p>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.</p>	 <p>*Candle Lighting Times per Chabad.org</p>			<p>1 BBQ Chicken (breast) Potato Salad Coleslaw Challah & Grape Juice Cherry Cobbler *5:38pm</p>
<p>4 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Mandarin Oranges w/ Topping</p>	<p>5 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge</p>	<p>6 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin</p>	<p>7 Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad</p>	<p>8 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Sweet Kugel *5:46pm</p>
<p>11 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie</p>	<p>12 Roasted Turkey w/ Gravy Stuffing Capri Blend Vegetables Cranberry Compote Whole Wheat Dinner Roll Cake Happy Birthday!</p>	<p>13 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/ Red & Green Peppers & Onions Mandarin Oranges Cookie</p>	<p>14 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Fresh Fruit Salad Strawberry Shortcake Sweethearts Lunch</p>	<p>15 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler * 5:54pm</p>
<p>18 Stuffed Pepper w/ Rice and Beef Mashed Potatoes Seasoned Corn Grapes Whole Wheat Dinner roll</p>	<p>19 Potato Knish w/ Mustard & Sour Cream Beet Borsht Russian Cabbage Salad Fruit Cottage Cheese</p>	<p>20 Hand Breaded Chicken Strips w/ Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread</p>	<p>21 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka</p>	<p>22 Oven Fried Chicken (thigh) Roasted Red Potatoes Prince Charles Blend Vegetables Challah & Grape Juice Rugelach *6:02pm</p>
<p>25 Egg Salad on a Challah Roll Matzo Ball Soup Sweet & Sour Slaw Pineapples & Cottage Cheese</p>	<p>26 Baked Chicken Schnitzel w/Honey Mustard Sauce Noodles Peas Pears Cinnamon Babka</p>	<p>27 Roasted Vegetable Lasagna w/ White Sauce Green Beans Slice of Garlic Bread Orange</p>	<p>28 Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie</p>	



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