


Mon	Tue	Wed	Thu	Fri
		1 Sampler Plate with Cottage Cheese, Tuna & Egg Salad & crackers Side Salad w/tomato & Cucumber Fruit Salad & Muffin	2 Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Apple Cinnamon Babka	3 Herb Roasted Chicken (thigh) Baked Sweet Potato Vegetable Medley Challah & Grape Juice Strawberry Shortcake * 5:42pm
6 Bagel & Lox Sliced Tomato, Onion & Cucumber Vegetable Soup Baked Apples Muffin	7 Chicken Cacciatore Couscous Green Beans Coleslaw Pears Cookie	8 Open Faced Roast Beef w/gravy on Whole Wheat Vegetable Medley Mashed Potatoes Sliced Fruit Chocolate Babka	9 Cutting Board Turkey on Whole Wheat Bun Lettuce, Tomato & Onion Potato Salad Grapes Cookie	10 Cranberry Chicken (breast) Couscous Roasted Vegetable Medley Challah & Grape Juice Apple Pie * 5:50pm
13 Quiche with Vegetables & Cheese Hash Brown Potato Fruit Muffin	14 Cabbage Roll Mashed Potato Seasoned corn Pears Yellow Cake <b>Happy Birthday!</b>	15 Tuna Salad on Croissant Lettuce, Tomato & Onion Vegetable Soup Banana Muffin	16 Meatballs w/ Marinara Spaghetti Green Beans Garlic Bread Mixed Berries w/ topping	17 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Challah & Grape Juice Cherry Cobbler * 5:58pm
20 Cheese Blintz Sour Cream Potato Pancake Squash Medley Mixed Berries w/topping	21 Baked Fish Rice Pilaf Squash Medley Banana Muffin	22 Spaghetti with Meat Sauce Green Beans Corn Bread Stick Orange Cookie	23 BBQ Shredded Chicken on Bun Vegetable Medley Rice Pilaf Fruit Salad Cookie	24 Brisket Roasted Red Potatoes Green Beans Challah & Grape Juice Noodle Kugel *6:06pm
27 Chicken Salad Wrap Spinach Salad with Egg & Mushrooms Mandarin Oranges Cookie	28 Roast Turkey w/ Gravy Roasted Red Potatoes Squash Medley Sliced Fruit Dinner Roll Cookie		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

**J** 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  
\$9 for friends and family under age 60