

March Fun with Kitchen J



Dear Diners,
April is upon us! I hope everyone is doing great!

Celebrate Passover with Kitchen J

We have numerous events, programs and celebrations to look forward to this month. First and foremost, we have two **Passover Seders, Monday, April 10** and **Tuesday, April 11**. Rabbi Michael Buck-Yael will lead the first service and Rav Shulamit Cenko will lead the service on April 11. The Seders will begin each day at 4:30pm with dinner to follow. Passover meals will be served each evening **April 12 through April 18**. Check the menus on these special days to see our planned meals.

Make sure to join us for other days this month for our delicious kosher meals, and our after-dinner events throughout the month! You can see the programs we have planned in detail on the menu.

April Trivia – Did you know?

- April 2, 2017 – Cardinals baseball Opening Day!
- April 13, 1743 – President Thomas Jefferson's Birthday!
- April 14, 1912 –Titanic hits an Iceberg and sinks
- April 21, 753 BC – City of Rome was founded!

April's Charms

When April scatters charms of primrose gold
Among the copper leaves in thickets old,
And singing skylarks from the meadows rise,
To twinkle like black stars in sunny skies;

When I can hear the small woodpecker ring
Time on a tree for all the birds that sing;
And hear the pleasant cuckoo, loud and long
The simple bird that thinks two notes a song;

When I can hear the woodland brook, that could
Not drown a babe, with all his threatening mood;
Upon these banks the violets make their home,
And let a few small strawberry blossoms come:

When I go forth on such a pleasant day,
One breath outdoors takes all my cares away;
It goes like heavy smoke, when flames take hold
Of wood that's green and fill a grate with gold.

- William Henry Davies

I look forward to seeing you all for
another great month!

Brittany Fischer
Coordinator of Senior Programs
314.442.3149



Coming in May

- 2 Israel Independence Day Celebration
- 4 Cinco De Mayo Celebration, entertainment by St. Cecilia Parish School
- 11 Mother's Day Celebration – Fashion Show by The Resale Shop
- 18 AW Healthcare presents "Breathe Easy"
- 30 Memorial Day Celebration

Состоится в мае

- 2 Празднование Дня Независимости Израиля
- 4 Синко Де Майо Празднование и танцевальное представление Школы Округа Св. Сесилии
- 11 Празднования Дня Матери и Показ мод Комиссионным Магазином
- 18 Мая AW представляет "Дышим Легко"
- 30 Празднование Дня Памяти

Menus reflect MEAAA requirements which follow key recommendations from the Dietary Guidelines for Americans.

Kosher meals, Vaad Hoer supervised. This program is funded by Title III of the Older Americans Act through Mid-East Area Agency on Aging, and Jewish Federation, and administered by the J. Everyone 60 years and older is invited to participate. Facilities are available to all without regard to race, faith, color, national origin, age, gender, or handicap.

Covenant Place Dining

Catered by **kitchen j**
April 2017



Dinner Served: 5pm
Monday – Thursday

Special Friday Shabbat Dinner: 5pm

Reservations Required

Please call one day in advance.
RESERVATION LINE: 314.442.3149
OR: bfischer@jccstl.org

Covenant II
Milford and Lee Bohm Social Hall
8 Millstone Campus Drive

Thank you for your contribution.
Suggested per meal: \$3.50

For changes or cancellations in
service due to inclement weather,
call 314.442.3149.



Week of April 3-7
Monday, April 3 Creamy Tomato Soup Deli Turkey/Sour Dough Bun Lettuce, Tomato Slices/Dill Pickle Spear Marinated Cucumber Salad Chilled Pear Slices
Tuesday, April 4 Honey Glazed Chicken Drumsticks Baked Potato Pickled Beet Salad Angel Food Cake w/Tropical Fruit
Wednesday, April 5 Quarter Pound Hot Dog on a Deli Roll Baked Beans Creamy Coleslaw Peaches w/Whipped Topping <div> Watch the classic, “Singing in the Rain” Includes a special treat! 6-7:45pm </div>
Thursday, April 6 No Dinner Meal Special Carry Out Lunch Available 12:30pm Tuna Salad/Croissant Tossed Salad w/Roma Tomato Slices Sweet Pickles Chilled Applesauce Oatmeal Raisin Cookie
Friday, April 7 Shabbat Dinner Braised Chicken Mashed Sweet Potatoes Seasoned Cauliflower Garden Salad Egg Matza Macaroons

Week of April 10-14
Monday, April 10 Passover – First Seder Gefilte Fish Roast Beef Potato Gratin Roasted Carrots Israeli Salad Raspberry Chocolate Cake Passover Seder Rabbi Micah Buck-Yael Mildred & Lee Bohn Social Hall 4:30pm
Tuesday, April 11 Passover – Second Seder Matza Ball Soup Apricot Chicken w/Matza Stuffing Roasted Vegetables Green Salad w/Beets/Almonds Sponge Cake w/Fresh Strawberries Passover Seder Rav Shulamit Cener Mildred & Lee Bohn Social Hall 4:30pm
Wednesday, April 12 Passover Mediterranean Salmon Twice Baked Potato Casserole Seasoned Spinach or Cauliflower Matza Peach Kugel <div> Laugh Out Loud! Watch the funniest commercials of all time! 6-6:30pm </div>
Thursday, April 13 Passover Tomato Basil Soup Cashew Chicken Salad on Lettuce Fruit Salad Matza Macaroons <div> AW Healthcare is back! Topic: “Keep Walking” Fresh fruit provided & an attendance prize! 5:45-6:30pm </div>
Friday, April 14 Passover & Shabbat Dinner Sweet and Sour Meatballs Braised Cabbage & Glazed Baby Carrots Caesar Salad Matza Chocolate Meringues

Week of April 17-21
Monday, April 17 Fried Matza w/Scrambled Eggs Roasted Potatoes/Mushrooms Sliced Tomatoes Matza Honeydew/Cantaloupe <div> Support Council & Menu Meeting Everyone is welcomed! Join us at 2:30pm in the Friendship Room </div>
Tuesday, April 18 BBQ Meatloaf Baked Sweet Potato Roasted Zucchini Green Salad w/Red Onions/Oranges Matza Macaroons
Wednesday, April 19 Birthday Celebration! Italian Beef Herbed Fettucine Spinach or Sliced Carrots Cherry Tomatoes, Black Olives Marble Rye Birthday Brownie Sundae <div> Happy Birthday to all! Dancing and musical entertainment by Bryan Foggs 6-6:45pm </div>
Thursday, April 20 Spring Minestrone Soup Tuna Salad on Croissant Fresh Apples & Grapes Lettuce, Tomatoes, Sweet Pickles Shortbread Wafers <div> Lutheran Senior Services is back! Sherri Holzhauser presents “God in Russia Art” 6-6:45pm </div>
Friday, April 21 Shabbat Dinner Chicken Rice Soup Braised Chicken/Gravy Baked Potato Country Green Beans Challah Apricots w/Whipped Topping

Week of April 24-28
Monday, April 24 Rigatoni/Meat Sauce Italian Vegetables Cucumber Tomato Vinaigrette Garlic Bread Chilled Pears
Tuesday, April 25 Chicken Pot Pie w/Mixed Vegetables Puff Pastry Top Pickled Beets Rice Pudding w/Cinnamon Peaches
Wednesday, April 26 Garden Vegetable Noodle Soup Spring Salmon Salad <i>Chilled salmon filet, mixed greens, cucumbers, oranges, Asian dressing</i> Whole Wheat Dinner Roll Honeydew/Kiwi <div> Show & Tell 6-6:45pm </div>
Thursday, April 27 Mini Burgers Sweet Potato Wedges Creamy Coleslaw Lettuce, Tomato, Onion, Kosher Dill Wheat Dinner Rolls Chocolate Chip Cookie <div> Merle Scheff School of Dance A wonderful, heartwarming performance! 6-6:45pm </div>
Friday, April 28 Shabbat Dinner Hawaiian Chicken <i>Tender chicken w/snap peas, peppers, water chestnut, apricot bbq sauce</i> Rice Pilaf Seasoned Green Beans Challah Tropical Fruit Ambrosia