

Week of June 26-30

Monday, June 26

Summer Squash & Corn Soup
Chicken Cobb Salad
Herbed Crostini
Mini Pretzel Sticks
Mixed Fruit Parfait

Tuesday, June 27

BBQ Meatloaf
Baked Sweet Potato
Green Salad w/Strawberries/Almonds
Crispy Salad Crackers
Soft Wheat Dinner Roll
Oatmeal Cookies

Wednesday, June 28 Birthday Party!

Italian Beef
Herbed Fettucine
Spinach or Seasoned Carrots
Cherry Tomato Salad
Marble Rye Bread
Warm Peach Crisp



Happy Birthday to all June Birthday's!
Dance and celebrate with Bryan Foggs!
6-6:45pm

Thursday, June 29

Spring Minestrone Soup
Tuna Salad on Croissant
Fresh Apples & Grapes
Lettuce, Tomatoes, Sweet Pickles
Chocolate Mousse Cake

Trivia Thursday
"Older Than Dirt Trivia"
Prizes
6-6:30pm

Friday, June 30 Shabbat Dinner

Chicken Rice Soup
Oven Fried Chicken
Creamy Mashed Potatoes
Country Green Beans
Challah
Apricots w/Whipped Topping

Dear Diners,
Shalom!

It already June and I hope you are all ready for summer! I know I am! There are lots of great activities this month and we are going to kick it off with a brand new after dinner program!

On **June 1**, we'll welcome Marian Brickner, a professional and world-renowned photographer. Marian will bring a fun, giggle-provoking power point show of photos from her book entitled "Subliminal Nuances of Animal Behavior." It should be a fantastic evening! The show will start at 6pm.

On **June 15**, we will celebrate **Father's Day**. Choose your ugliest tie and join us for dinner! We will vote on who has the "best" ugly tie, and the winner will receive a prize. Voting starts at 5:15pm during dinner with the winner announced shortly after.

Funny Tales

Thanks for the Soda, Pop!

Before I took the old family car to college, my father loaded the trunk with soft-drink bottles filled with oil, coolant and transmission fluid. Sure enough, my car overheated. Scolding myself for not listening to my father's instructions, I looked at the engine and saw how well he knew me. The oil cap was labeled Dr Pepper, the transmission stick, Coke, and the empty coolant container, Diet Pepsi. I finished the trip safely.

— Submitted by Charlotte G. Alexander

What a Card!

Father's Day was near when I brought my three-year-old son, Tyler, to the card store. Inside, I showed him the cards for dads and told him to pick one. When I looked back, Tyler was picking up one card after another, opening them up and quickly shoving them back into slots, every which way. "Tyler, what are you doing?" I asked. "Haven't you found a nice card for Daddy yet?"

"No," he replied. "I'm looking for one with money in it."

— Submitted by Terri Cook

Remember, we have lots of fun programs and celebrations coming up. Make sure to join us 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.

Brittany Fischer
Coordinator of Senior Programs
314.442.3149



Coming in July...

- 1** Red, White, and Blue Day
- 12** Brain Fitness
- 19** Birthday Celebration
- 20** AW Healthcare:
Eating & Drinking Healthy
- 27** White Elephant Bingo

Состоится в Июле ...

- 1** Красный, Белый, и Синий День
- 12** Упражнения для Мозга
- 19** Празднование Дней Рождения
- 20** AW: Здоровые Еда и Питьё
- 27** Большое Бинго










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**
June 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.**

jccstl.org



Week of June 1-2



Thursday, June 1
Mini Burgers on Whole Wheat Rolls
Sweet Potato Wedges
Creamy Coleslaw
Lettuce, Tomato, Onion, Kosher Dill Pickles
Chocolate Mousse

Marian Brickner: Animal Photography
Join us for a fascinating and often funny slide show!
“Subliminal Nuances of Animal Behavior”
6-6:30pm

Friday, June 2
Shabbat Dinner
Hawaiian Chicken
Tender chicken w/snap peas, peppers, water chestnut, apricot bbq sauce
Rice Pilaf
Seasoned Green Beans
Challah
Tropical Fruit Ambrosia

Week of June 5-9

Monday, June 5
Baked Lemon Tilapia
Sweet Noodle Kugel
Seasoned Baby Carrots
Green Salad w/Red Grapes & Oranges
Soft Wheat Dinner Roll
Peach Vanilla Pudding

Tuesday, June 6
Stir Fry Chicken & Vegetables
Steamed Brown Rice
Asian Salad
Fresh Orange Wedges
Chow Mein Noodles
Almond Cookie

Wednesday, June 7
Creamy Tomato Basil Soup
Deli Turkey on Croissant
Roasted Carrots & Zucchini w/ Ranch Dip
Lettuce, Tomato, Kosher Dill Pickles
Lemon Blueberry Streusel Cake

Thursday, June 8
Shepherd’s Pie
Ground beef, vegetables in flavorful gravy, topped w/fluffy mashed potatoes
Roasted Green Beans
Soft Wheat Dinner Roll
Banana Parfait
Graham Crackers

Don’t miss out on Ted Talks
Join us after dinner, and watch funny episodes together!
Popcorn provided!
Seating: 5:50pm - Show starts at 6pm

Friday, June 9
Shabbat Dinner
Chicken Noodle Soup
BBQ Chicken
Sweet Corn
Pickled Beet Salad
Challah
Chilled Watermelon

Week of June 12-16

Monday, June 12
Baked Tilapia w/Creole Sauce
Herbed Bowtie Pasta
Roasted Carrots
Soft Wheat Dinner Roll
Tropical Fruit

Support Council Meeting: 2:30-3:30pm
Kitchen Menu Meeting: 3:30-4:30pm
Suggestions on the meals, questions/concerns regarding the menu, come join!
Everyone is welcome!

Tuesday, June 13
Apple Pecan Chicken Salad On Lettuce
Roma Tomato Slices/Sweet Pickles
Strawberries, Red Grapes, Honeydew
Whole Wheat Crostini
Blueberry Muffin

Wednesday, June 14
Southwest Vegetable Soup w/Cornbread Croutons
Vegetable Quiche
Peaches & Cottage Cheese
Oatmeal Raisin Cookie

AW Healthcare:
Skinny on Skin Care, Sun Protection
Fresh fruit and attendance gift card is provided
6-6:30pm

Thursday, June 15
Father’s Day
Oven Fried Chicken
Southwestern Potatoes
Spanish Green Beans
Corn Muffin
Watermelon Wedge

Ugly Tie Contest!
Fellows put on your ugly tie for dinner!
You could win a prize!
Voting and will start during dinner.



Friday, June 16
Shabbat Dinner
Chicken Noodle Soup
BBQ Meatballs
Baked Potato
Green Bean Medley
Challah
Honeydew & Blueberries

Week of June 19-23

Monday, June 19
Teriyaki Glazed Salmon
Fried Rice
Oriental Vegetables
Asian Salad
Chow Mein Noodles
Fresh Orange Wedges

Tuesday, June 20
Beef Goulash
Egg Noodles
Baby Lima Beans
Cauliflower Cherry Tomato Salad
Soft Wheat Dinner Roll
Chilled Peaches & Topping

Wednesday, June 21
Tuscan Rice Soup
Veggie Pizza
Italian Chef Salad
Vanilla/Chocolate Pudding

Happy Hour on the patio!
Join us at 3:30pm for a cheese social with a sparkling drink!

Thursday, June 22
Grilled Knockwurst on Deli Bun
Baked Beans
Bavarian Slaw
Warm Apple Crisp

Did you know the best way to relieve stress is to color!?
Join me on the patio to create beautiful art!
Colored pencils, nature templates and calm music provided.
6-6:30pm

Friday, June 23
Shabbat Dinner
Chicken Vegetable Soup
Orange Glazed Chicken
Herbed Grains
Sugar Snap Peas
Challah
Tropical Angel Food Cake