

Week of July 31

Monday, July 31

Tisha B'AV

Creamy Tomato Soup
Fresh Salmon Cake on Toasted Bun
Cheesy Rice
Lettuce, Tomato, Sweet Pickles
Seasoned Broccoli or Mixed Vegetables
Ice Cream Sundae



Dear Diners,

Summer is well under way and with it the promise of warmer days. Stay cool and join us for dinner, programs and special events.

Happy 4th of July!

Independence Day will be celebrated on July 3rd in honor of July 4, 1776, as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation. Wear your best patriotic – red, white and blue – outfit and you may win a prize!

Tisha B'Av will be observed July 25-August 1. Please check the brochure for the special non-meat menus for those dates

Other Important July Dates

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| July 6 | Lutheran Senior Services: "Simple Steps Toward Happiness" |
| July 10 | Support Council and Menu Meeting |
| July 12 | Memory Care Home Solutions-
"Brain Fitness"
Healthy Brain Aging Jeopardy
Presentation |
| July 13 | Osteo Strong of St. Louis:-"Osteoporosis and Fracture Prevention Strategies" |
| July 19 | Birthday party with Bryan Foggs! |
| June 20 | AW Healthcare: "Eating and Drinking for Health"
Attendance gift cards! |
| July 27 | White Elephant Bingo-Prizes! |

Kitchen J staff and I look forward to seeing you throughout the month of July!





Linda Korn
Kitchen J Supervisor

Coming in August

- 10** Magic Show by Chuck the Clown
- 17** AW Healthcare "What's in Your Flu Kit"
- 24** White Elephant Bingo
- 28** Just Dancing West - Performance
- 31** August Birthday Party by Papa Wright

Состоится в Августе

- 10** Шоу Волшебства с Чак Клоуном
- 17** AW , "Что необходимо иметь в Комплекте для лечения Гриппа"
- 24** Большое Бинго
- 28** Просто Танцы-представляет West Компания
- 31** Празднование Августовских Дней Рождения С Папой Райт



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

Kosher meals, Vaad Hoeir 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**
July 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: lkorn@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 July 3-7	
Monday, July 3 Red, White, & Blue Day BBQ Hot Dog/Mini BBQ Burger Southwestern Potatoes Corn Salsa Strawberry/Blueberry Cake Wear a fun outfit to dinner to fit our celebration! Best outfit gets a prize!	
Tuesday, July 4 Independence Day No Meal Service	
Wednesday, July 5 Classic Chicken Salad On Brioche Bun Garden Salad w/Homemade Crostini Sweet Gherkins Fresh Cantaloupe & Red Grapes	
Thursday, July 6 Teriyaki Glazed Salmon Sesame Noodles Crisp Cucumber Slices Chow Mein Noodles Mandarin Oranges & Pineapple Guest Speaker: Donna Adams from Lutheran Senior Services “Simple Steps toward Happiness” 6-6:30pm	
Friday, July 7 Shabbat Dinner Chicken Vegetable Soup Roasted Lemon Chicken Herbed Grains* <i>Flavorful blend of brown rice, cous cous, quinoa</i> Seasoned Carrots Challah Strawberry Shortcake	

Week of July 10-14	
Monday, July 10 Tuscan Rice Soup Veggie Pizza Italian Salad <i>Crisp lettuce, tomatoes, peppers, onion, zucchini</i> Double Chocolate Brownie Support Council Meeting 2:30-3:30pm Kitchen J Menu Meeting Meal suggestions, questions, concerns? Come join the discussion! 3:30-4:30pm Everyone is welcome!	
Tuesday, July 11 Homestyle Meatloaf Baked Potato Mandarin Orange Salad <i>Crisp lettuce, oranges, almonds</i> Fresh Honeydew & Blueberries Warm Corn Muffin	
Wednesday, July 12 Baked Flounder w/Lemon Soy Vinaigrette Orzo Pilaf Creamed Spinach or Sweet Peas Israeli Salad Fresh Red Grapes Brain Fitness by Memory Care Home Solutions Fun, healthy brain aging jeopardy presentation 6-6:30pm	
Thursday, July 13 Island Burgers on Deli Roll <i>Homemade, soy glazed, delicious</i> Corn on the Cob Asian Slaw Grilled Pineapple Rings Tropical Cake <i>Bananas, pineapple, white frosting</i> Guest Speaker: Johnny Harper from OsteoStrong St. Louis Osteoporosis and Fracture Prevention Strategies 6-6:30pm	
Friday, July 14 Shabbat Dinner Chicken Noodle Soup Orange Glazed Chicken Garlic Mashed Potatoes Sugar Snap Peas Challah Chilled Apricots w/Almond Crumble Topping	

Week of July 17-21	
Monday, July 17 Crispy Fried Chicken Sandwich Sweet Potato Wedges Lettuce, Tomato, Dill Pickle Chips Sweet Strawberries w/Whipped Topping	
Tuesday, July 18 Summer Minestrone Soup <i>Fresh vegetables, pasta in light broth</i> Tuna Salad on Croissant Lettuce, Tomatoes, Sweet Pickles Fresh Apples and Red Grapes	
Wednesday, July 19 Birthday Party Spaghetti w/Meat Sauce Italian Vegetables Creamy Cucumber Tomato Salad Raspberry Birthday Cake Warm Wheat Garlic Bread  Birthday Party Celebration Music Entertainment by Bryan Foggs 6-6:45pm	
Thursday, July 20 Mushroom Onion Burger On Toasted Marble Rye Bread Sweet Corn Marinated Tomato Salad Banana Parfait AW Healthcare is back! “Eating and Drinking for Health” Fresh fruit and attendance gift card 6-6:30pm	
Friday, July 21 Shabbat Dinner Chicken Rice Soup BBQ Chicken Roasted Carrots Pickled Beets Challah Fresh Watermelon Wedges	

Week of July 24-28	
Monday, July 24 Split Pea Soup Deli Turkey Club Sandwich <i>Thinly sliced turkey, wheat and white bread</i> Mixed Greens w/Apples, Grapes, Cranberries Cinnamon Sugar Cookie	
Tuesday, July 25 Tisha B’AV Creole Rice Soup Vegetable Quiche Peaches and Cottage Cheese Double Chocolate Brownie	
Wednesday, July 26 Tisha B’AV Baked Flounder Amandine Savory Kugel Sweet Peas Israeli Salad Watermelon Wedges	
Thursday, July 27 Tisha B’AV Egg Salad Croissant Mixed Greens w/Strawberries, Walnuts Roma Tomatoes, Sweet Pickles Whole Wheat Crostini Lemon Shortbread Cookie White Elephant Bingo 6-6:30pm	
Friday, July 28 Shabbat Dinner Chicken Vegetable Soup Beef Roast Mushroom Barley Roasted Green Beans Challah Chilled Apricots over Angel Food Cake	