

## Week of August 28-31

### Monday, August 28

Split Pea Soup  
*Thick, savory*  
Deli Turkey Club Sandwich  
*Thinly sliced turkey, wheat and white bread*  
Chef Salad  
Cinnamon Sugar Cookie  
**Just Dancing West Performance**  
6-6:30pm

### Tuesday, August 29

Sweet and Sour Chicken  
Lo Mein Noodles  
Stir Fry Vegetables  
Asian Cucumber Salad  
Chow Mein Noodles  
Chilled Pineapple Tidbits

### Wednesday, August 30 Birthday Party!

Baked Flounder Amandine  
Savory Kugel  
Mediterranean Salad  
Seasoned Spinach or Cauliflower  
Whole Wheat Roll  
Lemon Coconut Birthday Cake







**Musical Entertainment**  
**Papa Wright**  
6-6:30pm

### Thursday, August 31

Hamburger on Deli Bun  
Sweet Potato Wedges  
Carolina Slaw  
Lettuce, Tomato, Onion Slices, Kosher Dill  
Creamy Chocolate Mousse

**Karlovsy and Company Dance**  
6-6:30pm



*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.

Dear Diners,

Welcome to August! We're winding down this hot summer with some cool, fun and exciting programs and great menus! I hope you'll join your friends and maybe make some new acquaintances as it's always the right time to search out new people and experiences.

The first week of August will feature a **Summer Days Special**. We have a lovely, delicious menu that was well-received at our Volunteer Recognition Lunch this past spring that we wanted to bring our diners at Covenant and the perfect day is **Aug 3**. Have fun after dinner at our **Sing Along with Jade** as she'll bring some summer classics. I bet you can think of a few of your own! **Michael Swartz** will return with a friend on **Thursday, Aug 3**, to treat you to some great after-dinner music.

The following week we have two new different events. **Wednesday, Aug 9, Hayley Sohn** from Signature Medical Group will conduct a **cooking demonstration** and on **Thursday, Aug 10, Chuck the Clown** is bringing his **Magic Show** to our dining room. Both should be very entertaining! **AW Healthcare** will present **"What's in Your Flu Kit?"** on **Thursday, Aug 17** and **White Elephant Bingo** with prizes on **Thursday, Aug 24**.

**Mr. Robert Denison** will bring his talented **Covenant Chorale** to perform after dinner on **Wednesday, Aug 23**. **Bryan Foggs** will once again sing and play his wonderful music at our **August Birthday Party** on **Wednesday, Aug 30**.

**Dance! Dance!** We have not one but two dance performances that will make the last week in August extra special. **Just Dancing West** on **Monday, Aug 28** and **Karlovsy and Company Dance** on **Thursday, Aug 31**.

*Bend low again, night of summer stars,  
So near you are, sky of summer stars,  
Pick off what he wants in the sky bowl,  
So near you are, summer stars,  
So near, strumming, strumming,  
So lazy and hum-strumming.  
- Carl Sandburg*

#### There's an eclipse coming!

August is the month to watch the skies! The solar eclipse will be able to be visible St. Louis on August 21.

Thanks for dining with us!

Sincerely,

Linda Korn  
Kitchen J Supervisor

## Coming in September

- 5 Labor Day Celebration,  
Sing Along w/Robert Callmeyer
- 10 Movie and Popcorn Night
- 12 "Try To Remember The  
Kind of September" Trivia
- 14 AW Healthcare  
"You Can Be Pain Free "
- 20 Erev Roshanah Dinner
- 21 White Elephant Bingo
- 28 Birthday Celebration Music  
Performance
- 29 Erev Yom Kippur Dinner

### Состоится в Сентябре....

- 5 Празднование Дня труда,  
Поём с Robert Callmeyer
- 10 Кино и Папкорн
- 12 "Попытайтесь запомнить  
события Сентября"  
Викторина
- 14 А "Вы можете не иметь  
болей"
- 20 Ерив Рошана ужин
- 21 Большое Бинго
- 28 Музыкальный спектакль и  
Празднование Дней  
Рождений
- 29 Йом-Киппур Ерив ужин

## Covenant Place Dining

Catered by **kitchen j**  
**August 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 August 1-4



Tuesday, August 1

Tisha B’Av  
Vegetable Cous Cous Soup  
Chef Salad  
Cheese Blintzes/Sour Cream  
Fresh Strawberries  
Apple Cinnamon Muffin

Wednesday, August 2  
Summer Days Special

BBQ Chicken Salad Bowl  
Seasoned chicken breast on large salad of mixed greens, tomatoes, bell peppers, corn, black beans, w/a drizzle of ranch & BBQ dressing  
Texas Toast Wedges  
Cannoli  
Pastry shells filled w/chocolate topping and chips  
Fresh Strawberries

“In The Good Old Summer Time”  
Sing-A-Long with the Best Songs of Summer  
6-6:30pm

Thursday, August 3

Shepherd’s Pie  
Savory blend of beef, vegetables, gravy, topped w/ whipped potatoes  
Seasoned Whole Green Beans  
Wheat Dinner Roll  
Peach Parfait  
Graham Crackers Cookie

Friday, August 4  
Shabbat Dinner  
Chicken Rice Soup  
Oven Fried Chicken  
Mashed Sweet Potatoes  
Creamy Dill Cucumbers  
Challah  
Chilled Honeydew & Blueberries

Week of August 7-11

Monday, August 7  
Teriyaki Glazed Salmon  
Sesame Noodles  
Crisp Cucumber Slices  
Chow Mein Noodles  
Mandarin Oranges & Pineapple

Tuesday, August 8  
Classic Chicken Salad  
On Brioche Bun  
Garden Salad w/Homemade Crostini  
Sweet Gerkins  
Fresh Cantaloupe & Red Grapes

Wednesday, August 9  
Southwest Vegetable Soup  
w/Cornbread Croutons  
Vegetable Quiche  
Peaches & Cottage Cheese  
Homemade Oatmeal Cookie

Heathy Cooking Demonstration  
Hayley Sohn, Signature Medical Group  
6-6:45pm

Thursday, August 10  
Open Faced BBQ Glazed Burger  
On Texas Toast  
Grilled Onions & Peppers  
Pasta Salad  
Ziti pasta, cherry tomatoes, cucumbers, creamy Italian dressing  
Fresh Banana

Magic Show!  
By Chuck the Clown  
6-6:30 pm

Friday, August 11  
Shabbat Dinner  
Chicken Vegetable Soup  
Roasted Lemon Chicken  
Herbed Grains  
Flavorful blend of brown rice, cous cous, quinoa  
Seasoned Carrots  
Challah  
Strawberry Shortcake

Week of August 14-18

Monday, August 14  
Tuscan Rice Soup  
Veggie Pizza  
Italian Salad  
Crisp lettuce, tomatoes, peppers, onion, zucchini  
Double Chocolate Brownie

Tuesday, August 15  
Homestyle Meatloaf  
Baked Potato  
Mandarin Orange Salad  
Crisp lettuce, oranges, almonds, sweet vinaigrette dressing  
Fresh Honeydew & Blueberries  
Warm Corn Muffin

Wednesday, August 16  
Baked Flounder w/Lemon Soy Vinaigrette  
Orzo Pilaf  
Orzo pasta and brown rice, vegetables  
Creamed Spinach or Sweet Peas  
Israeli Salad  
Fresh Red Grapes

Thursday, August 17  
Island Burgers on Deli Roll  
Homemade, soy glazed, delicious  
Corn on the Cob  
Asian Slaw  
Grilled Pineapple Rings  
Tropical Cake  
Bananas, pineapple, white frosting

AW Healthcare  
What’s In Your Flu Kit?  
6-6:30pm

Friday, August 18  
Shabbat Dinner  
Chicken Noodle Soup  
Orange Glazed Chicken  
Garlic Mashed Potatoes  
Sugar Snap Peas  
Challah  
Chilled Pears w/Almond Crumble Topping

Week of August 21-25

Monday, August 21  
Crispy Fried Chicken Sandwich  
Sweet Potato Wedges  
Lettuce, Tomato, Dill Pickle Chips  
Sweet Strawberries w/Whipped Topping

Tuesday, August 22  
Spaghetti w/Meat Sauce  
Italian Vegetables  
Creamy Cucumber Salad  
Warm Wheat Garlic Bread  
Chenice’s Peach Crisp

Wednesday, August 23  
Summer Minestrone Soup  
Fresh vegetables, pasta in light broth  
Tuna Salad on Croissant  
Lettuce, Tomatoes, Sweet Pickles  
Fresh Apples and Red Grapes  
Angel Food Cake

Covenant Chorale Concert  
Mr. Robert Denison  
6pm

Thursday, August 24  
Mushroom Onion Burger  
On Toasted Marble Rye Bread  
Sweet Corn  
Marinated Tomato Salad  
Orange Pineapple Parfait

White Elephant Bingo  
6-6:30pm

Friday, August 25  
Shabbat Dinner  
Chicken Rice Soup  
BBQ Chicken  
Roasted Carrots  
Pickled Beets  
Challah  
Fresh Watermelon Wedges