

Week of September 25-29

Monday, September 25

Crispy Fried Chicken Sandwich
Sweet Potato Wedges
Vinaigrette Slaw
Lettuce, Tomato, Dill Pickle Chips
Sweet Strawberries w/Whipped Topping

Tuesday, September 26

Spaghetti w/Meat Sauce
Italian Vegetables
Creamy Cucumber Tomato Salad
Warm Wheat Garlic Bread
Chenice's Peach Crisp

White Elephant Bingo
6-6:30pm

Wednesday, September 27

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

Thursday, September 28

Birthday Party!

Mushroom Onion Burger
On Marble Rye Bread
Sweet Corn
Marinated Tomato Salad
Chocolate Mousse Cake



Musical Entertainment
Bryan Foggs
6-6:30pm

Friday, September 29

Meal Served at 12:30pm

Erev Yom Kippur Shabbat Dinner

Chicken Noodle Soup
Braised Rosemary Chicken
Orzo Pilaf
Seasoned Green Beans
Israeli Salad
Challah
Cranberry Apple Crumb Cake

Dear Diners,

Shalom!

This September, observing the holy days of Rosh Hashanah and Yom Kippur offers us opportunities to come together to enjoy special holiday meals. On **Erev Rosh Hashanah, Sept. 20**, we eat honey and apples to remind us to have a sweet year, and the round challah represents the cycle for a good year.

Likewise, on **Erev Yom Kippur, Sept 29**, we'll share a traditional meal to observe the holy day. Don't forget to make your reservations for these special days.

Meals on both of these days will be at 12:30pm.

Our **Labor Day celebration on Sept 5** will kick off the month with a great menu and after-dinner **Sing-Along with Robert Callmeyer**. We are very glad to have him back!

On **Sept 7, Larry Epstein** has generously offered to share his technology knowledge and experience with those of us who would like help with our phones, tablets and computers.

Join the fun at the **September themed Trivia on the Sept 12** and please relax and enjoy some popcorn and a beverage at the **Movie, Popcorn and Pop night on Sept 19**.

Check the daily listings for the dates for **White Elephant Bingo** and **AW Healthcare** information.

Rounding out September is our **Birthday Party on Sept 28 with Bryan Foggs** returning once again to get everyone singing and dancing. Always so much fun! Thanks for dining with us!

Welcome to the team!



A warm welcome to Katie Morrison who recently joined the Kitchen J staff as the new Coordinator, Senior Programs. We are very glad to have her with us and I know you will be also. We look forward to working with Katie and all of you to make our programs better than ever!

Sincerely,
Linda Korn
Kitchen J Supervisor

Coming in October

- 4 Erev Sukkot Dinner
- 5 Trivia with Katie
- 10 Movie and Popcorn Night
- 12 White Elephant Bingo
- 18 Willow Brook Singers
- 19 AW Healthcare "Dangerous Diabetes"
- 26 Birthday Celebration
- 30 October Festival

Состоится в Октябре...

- 4 Ужин в честь Ерева Суккота
- 5 Викторина с Кейти
- 10 Вечер кино и попкорна
- 12 Большое бинго
- 18 Уиллоу Брук певцы
- 19 AW представляет "Опасный Диабет"
- 26 Празднования Дней Рождения
- 30 Октябрьский Фестиваль



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**
September 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: kmorrison@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 September 1

Happy & Healthy

New Year

Friday, September 1

Shabbat Dinner

Chicken Vegetable Soup

Beef Roast

Mushroom Barley Casserole

Roasted Green Beans

Challah

Chilled Apricots over

Angel Food Cake

Week of September 4-8

Monday, September 4

Labor Day Holiday

No Meal Service

Tuesday, September 5

Labor Day Celebration!

BBQ Glazed Chicken

American Potato Salad

Baked Cream Corn

Red Grapes/Blueberries

Whole Wheat Dinner Roll

Red, White and Blue Cake

Holiday Sing-Along with Robert Callmeyer

6-6:30pm

Wednesday, September 6

Shepherd's Pie

Savory blend of beef, vegetables, gravy, topped w/whipped potatoes

Whole Green Beans

Wheat Dinner Roll

Peach Parfait

Graham Cracker Cookie

Thursday, September 7

Mini Burger Sliders

Three Bean Bake

Roma Tomatoes, Sliced Onions

Carrot Pineapple Salad

Whole Wheat Rolls

Chocolate Cake w/Chocolate Frosting

Getting More Out of Your iPhone and iPad

Larry Edison

6-6:30pm

Friday, September 8

Shabbat Dinner

Chicken Rice Soup

Oven Fried Chicken

Mashed Sweet Potatoes

Creamy Dill Cucumbers

Challah

Honeydew & Blueberries

Week of September 11-15

Monday, September 11

Teriyaki Glazed Salmon

Sesame Noodles

Crisp Cucumber Slices

Chow Mein Noodles

Mandarin Oranges & Pineapple

Support Council and Menu Meeting

Everyone is Welcome!

Friendship Room

2:30-4pm

Tuesday, September 12

Classic Chicken Salad

On Slider Bun

Garden Salad w/Homemade Crostini

Sweet Gerkins

Fresh Cantaloupe & Red Grapes

Try To Remember the Kind of September

September Trivia with Katie

6-6:30pm

Wednesday, September 13

Southwest Vegetable Soup

w/Cornbread Croutons

Vegetable Quiche

Peaches & Cottage Cheese

Homemade Oatmeal Cookie

Thursday, September 14

Open Faced BBQ Glazed Burger

On Texas Toast

Grilled Onions & Peppers

Pasta Salad

Ziti pasta, cherry tomatoes, cucumbers, creamy Italian dressing

Fresh Banana

You Can Be Pain Free

AW Healthcare

6-6:30pm

Friday, September 15

Shabbat Dinner

Chicken Vegetable Soup

Roasted Lemon Chicken

Herbed Grains

Flavorful blend of brown rice, cous cous, quinoa

Roasted Carrots

Challah

Strawberry Shortcake

Week of September 18-22

Monday, September 18

Tuscan Rice Soup

Veggie Pizza

Italian Salad

Crisp lettuce, tomatoes, peppers, onion, zucchini

Double Chocolate Brownie

Tuesday, September 19

Homestyle Meatloaf

Baked Potato

Mandarin Orange Salad

Crisp lettuce, oranges, almonds, sweet vinaigrette dressing

Fresh Honeydew & Blueberries

Warm Corn Muffin

Movie, Popcorn, and Pop

Treats and drinks at our first monthly movie night!

6-6:45pm

Wednesday, September 20

Meal Served at 12:30pm

Erev Rosh Hashanah

Matza Ball Soup

Savory Roast Beef

Potato Latkes/Applesauce

Sweet Carrot Souffle

Apples/Honey

Raisin Challah

Honey Cake

Thursday, September 21

Rosh Hashanah

No Meal Service

Friday, September 22

Shabbat Dinner

Chicken Vegetable Soup

Orange Glazed Chicken

Braised Noodles

Sugar Snap Peas

Challah

Chilled Pears w/Almond Crumble Topping