

Week of October 30-31

Monday, October 30

Hearty Lentil Soup
Grilled Quarter Pound Hot Dog
On Whole Wheat Bun
Red Potato Salad
Baked Apple Dessert



Games, prizes, treats!
6-6:45pm

Tuesday, October 31

Sweet & Sour Chicken
Brown Rice
Stir Fry Vegetables
Asian Salad
Pineapple Tidbits
Almond Cake



Dear Diners,

Shalom!

October welcomes us with wonderful holy days as we get to enjoy special holiday meals! October also brings cooler weather, beautiful fall colors and harvest food. We have some special meals and wonderful programs on the schedule for this month! **Don't forget to make your reservations!**

October Events

To start off the month we have **Larry Edison** returning on **October 2** to talk more about phones and tablets. Then on **October 4** we have our **Sukkot** dinner followed by musical entertainment with **Larry and Diane Levy**.

On Thursday, **October 5** we will have **Trivia** and **October 10** offers a **movie and popcorn** night. **October 12** is our monthly **White Elephant Bingo** event! Then on **October 18**, **Willow Brook Elementary** will be performing.

AW Healthcare will be presenting "**Dangerous Diabetes**" on **October 19** and on **October 24th** there will be another **Movie Night**, this time with cookies and cocoa!

Join us on **October 26** for our **October Birthday Party** with musical guest **Bob Artime!** We will end the month with an **Oktoberfest celebration** on **October 30!**

I want to thank everyone for being kind and patient with me as I am learning this new position. I look forward to spending more time with you this October!

Sincerely,
Katie Morrison
Coordinator of Senior Programs
314.442.3149







Coming in November

- 2** Cello Music with Josh Rosen
- 8** Movie, Popcorn, and Pop Night
- 9** White Elephant Bingo
- 15** Trivia with Katie
- 16** "We Care About You" AW Healthcare
- 21** Thanksgiving Dinner and Celebration
Music by The July Sisters
- 23** Thanksgiving Holiday
No Meal Service
- 24** Thanksgiving Holiday
No Meal Service
- 30** Birthday Party

Состоится в Ноябре...

- 2** Музыка- Джаш Розен/ Виолончель
- 8** Кино, Папкорн, и Пап-ночь
- 9** Большое бинго
- 15** Викторина с Кейти
- 16** AW "Мы думаем о Вас"
- 21** Ужин в честь Дня благодарения и Празднование
Музыка- Июльские Сестры
- 23** День Благодарения-закрыты
- 24** День Благодарения-закрыты
- 30** Празднование Дней Рождения



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**
October 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 October 2-6
<p>Monday, October 2 Creamy Tomato Soup Vegetable Quiche Hash Brown Potatoes Fruit Salad Whole Wheat Biscuit</p> <p>Getting More Out of Your iPhone and iPad - Part II Larry Edison 6-6:30pm</p>
<p>Tuesday, October 3 Rigatoni and Meatballs Seasoned Cauliflower Caesar Salad Whole Wheat Garlic Bread Pear Slices w/Chocolate Drizzle</p>
<p>Wednesday, October 4 Erev Sukkot Dinner Matza Ball Soup Stuffed Cabbage Homemade Mashed Potatoes Roasted Vegetables Challah Lemon Cake</p> <p>Special Musical Entertainment Larry and Diane Levy 6-6:30pm</p>
<p>Thursday, October 5 Hearty Beef Stew Garden Salad w/Homemade Croutons Marble Rye Bread Warm Cinnamon Apples Streusel Cake</p> <p>Cello Music by Josh Rosen 4:30-4:45pm</p> <p>Trivia with Katie 6-6:30pm</p>
<p>Friday, October 6 Shabbat Dinner Chicken Rice Soup Oven Fried Chicken Baked Sweet Potato Mediterranean Vegetable Salad Challah Strawberry Angel Food Cake</p>

Week of October 9-13
<p>Monday, October 9 Chef Salad <i>Large salad w/tomato wedges, carrots, cucumbers, egg</i> Baked Potato w/Toppings <i>Meatless Chili, Shredded Cheese, Sour Cream</i> Salad Crackers Whole Wheat Garlic Bread Peach Pudding</p> <p>Support Council & Menu Meeting Everyone is Welcome! Friendship Room 2:30-4pm</p>
<p>Tuesday, October 10 Savory Chicken Pot Pie w/Puff Pastry Top Mixed Greens Salad w/Fresh Apples & Grapes Whole Wheat Dinner Roll Lemon Coconut Cake</p> <p>Movie, Popcorn and Pop Join us for movie night! 6-6:45pm</p>
<p>Wednesday, October 11 Teriyaki Salmon Sesame Noodles Sweet Peas Fresh Cucumber Slices Chilled Mandarin Oranges Homemade Almond Cookie</p>
<p>Thursday, October 12 Mini Burgers on Whole Wheat Rolls Corn on the Cob Lettuce, Sliced Tomatoes & Onions Kosher Dill Pickle Spear Fresh Banana Chocolate Mousse</p> <p>White Elephant Bingo 6-6:30pm</p>
<p>Friday, October 13 Shabbat Dinner Chicken Soup with Kasha BBQ Chicken Braised Cabbage Sweet Potato Salad Challah Tropical Fruit Ambrosia</p>

Week of October 16-20
<p>Monday, October 16 Tuscan Bean and Barley Soup Smoked Turkey on Marble Rye Deli Slaw Sweet Pickles Fresh Red Grapes</p>
<p>Tuesday, October 17 Soft Beef Tacos <i>Mildly seasoned beef w/two flour tortillas</i> Cilantro Rice Shredded Lettuce w/Diced Tomatoes Salsa Tropical Fruit Home Baked Cinnamon Sugar Cookie</p>
<p>Wednesday, October 18 Italian Baked Tilapia Herbed Fettucine Sugar Snap Peas Roasted Baby Carrots Whole Wheat Dinner Roll Fresh Pear</p> <p>Musical Entertainment Willow Brook Elementary School 6-6:30pm</p>
<p>Thursday, October 19 Chicken Rice Soup BBQ Chicken Salad Bowl <i>Seasoned chicken breast on large salad of mixed greens, tomatoes, bell peppers, corn, black beans, w/a drizzle of ranch & BBQ dressing</i> Texas Toast Peaches w/Whipped Topping</p> <p>“Dangerous Diabetes” AW Healthcare 6-6:30pm</p>
<p>Friday, October 20 Shabbat Dinner Baked Meatloaf Barley Vegetable Casserole Mixed Green Salad w/Beets & Almonds Challah Pineapple Cake</p>

Week of October 23-27
<p>Monday, October 23 Mediterranean Salmon Brown Rice Pilaf Roasted Carrots Greek Salad <i>Lettuce, cucumber, red pepper, tomatoes, black olives</i> Garlic Bread Stick Autumn Spice Cake</p>
<p>Tuesday, October 24 Turkey Burger on Slider Bun Sweet Potato Wedges Quinoa Salad <i>Blend of quinoa, couscous, tomatoes, zucchini, on lettuce, light vinaigrette</i> Roma Tomato Slices, Red Onion Fresh Banana</p> <p>Movie, Cookies and Cocoa Join us for movie night! 6-6:45pm</p>
<p>Wednesday, October 25 Minestrone Soup Caesar Salad Cheese Pita Pizza <i>New! An individual pita pizza for everyone!</i> Strawberry Cup Vanilla Ice Cream</p>
<p>Thursday, October 26 Birthday Party! Chili or Chili Mac Garden Salad Homemade Corn Bread Chilled Applesauce Iced Oatmeal Raisin Bars</p> <p></p> <p>Birthday Entertainment Music with Bob Artime 6-6:30pm</p>
<p>Friday, October 27 Shabbat Dinner Chicken Rice Soup Oven Fried Chicken Baked Potato Creole Eggplant Challah Peach Shortcake</p>