

## Week of November 27-30

### Monday, November 27

Mediterranean Salmon  
Brown Rice Pilaf  
Roasted Carrots  
Greek Salad  
*Lettuce, cucumber, red pepper, tomatoes, black olives*  
Garlic Bread Stick  
Autumn Spice Cake

### Tuesday, November 28

Turkey Burger on Slider Bun  
Sweet Potato Wedges  
Quinoa Salad  
*Blend of quinoa, couscous, tomatoes, zucchini, on lettuce, light vinaigrette*  
Roma Tomato & Red Onion Slices  
Fresh Banana

**Name That Tune  
Test Your Music Memory!**  
6-6:30pm

### Wednesday, November 29

Minestrone Soup  
Caesar Salad  
Cheese Pita Pizza  
*New! An individual pita pizza for everyone!*  
Strawberry Cup  
Vanilla Ice Cream

### Thursday, November 30 Birthday Party!

Chili/Chili Mac  
Garden Salad  
Chilled Applesauce  
Corn Bread  
Apple Crumb Pie



**Easy Listening Music with  
Linda Ford**  
6-6:30pm



Dear Diners,

November is a time to remind ourselves that we have so much to be grateful for. I am hoping this month will bring us more love, happiness, good health, prosperity and blessings.

To start off the month we have **Larry Edison** returning on **November 2** to talk more about phones and tablets. Cello Player **Josh Rosen** will also return that day to perform before dinner!

On **November 8** we will have a **Movie and Popcorn** night and **November 9** is our monthly **White Elephant Bingo**.

The following week on **November 15** will be “**Where in the World**” Trivia with Katie and on **November 16** **AW Healthcare** will present “**We Care About You.**”

After dinner on **Tuesday, November 21** we will celebrate **Thanksgiving**. Musical entertainment will be performed by the **July Sisters** at 6pm.

During the last week in November, join us to play **Name That Tune** on **Tuesday, November 28** and on **Wednesday, November 30 at 6pm**, we will end the month with the **Birthday Party Celebration**. There will be musical entertainment with **Linda Ford**!

**Reminders- there will be no meal service on November 23 & 24 due to the Thanksgiving holiday.**

I look forward to spending another fun month with you all!

Sincerely,  
Katie Morrison  
Coordinator of Senior Programs  
314.442.3149







## Coming in December

- 4 Ice Cream Social
- 7 Cello Music with Josh Rosen and Willow Brook Elementary Performance
- 11 Support Council Meeting
- 12 Joyce & Murray Hochberg
- 13 Covenant Chorale
- 14 White Elephant Bingo
- 20 Jeopardy Trivia
- 21 AW Healthcare Presenting Be Well”
- 27 Birthday Party
- 28 New Year’s Eve Party

### Состоится в Декабре...

- 4 Общение и Мороженое
- 7 Виолончель/музыка с Джошем Розено и Уиллоу Брук Школа
- 11 Заседание Совета Поддержки
- 12 Джойс и Мюррей Хочберг
- 13 Ковенант Хор с Робертом Денисон
- 14 Большое бинго
- 20 Викторина
- 21 AW представляют “Хорошее Самочувствие”



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**  
**November 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.





| Week of November 1-3   |
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| <b>Wednesday, November 1</b><br>Split Pea Soup<br>Cheese Veggie Croissant<br>Roasted Carrot Fries<br>Whole Wheat Croutons<br>Fresh Red Grapes  |
| <b>Thursday, November 2</b><br>Shepherd's Pie<br>Sweet Corn<br>Whole Wheat Roll<br>Graham Cracker<br>Peach Parfait<br><br><div> <b>Cello Music by Josh Rosen</b><br/> <b>4:30-4:45pm</b> </div> <div> <b>Getting More Out of Your iPhone and iPad</b><br/> <b>Part II</b><br/> <b>Larry Edison</b><br/> <b>6-6:30pm</b> </div> |
| <b>Friday, November 3</b><br><b>Shabbat Dinner</b><br>Roast Beef/Gravy<br>Mushroom Barley<br>Roasted Green Beans w/Red Peppers<br>Pickled Beets<br>Challah<br>Apricots w/Whipped Topping   |

| Week of November 6-10  |
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| <b>Monday, November 6</b><br>Creamy Tomato Soup<br>Vegetable Quiche<br>Hash Brown Potatoes<br>Fruit Salad<br>Whole Wheat Biscuit   |
| <b>Tuesday, November 7</b><br>Rigatoni and Meatballs<br>Seasoned Cauliflower<br>Caesar Salad<br>Whole Wheat Garlic Bread<br>Pear Slices w/Chocolate Drizzle  |
| <b>Wednesday, November 8</b><br>Vegetable Orzo Soup<br>Tuna Salad on Wheat Bun<br>Lettuce, Roma Tomatoes, Sweet Pickles<br>Chenice's Peach Crisp<br><br><div> <b>Movie, Popcorn and Pop</b><br/> <b>Join us for movie night!</b><br/> <b>6-6:45pm</b> </div> |
| <b>Thursday, November 9</b><br>Hearty Beef Stew<br>Garden Salad w/Homemade Croutons<br>Marble Rye Bread<br>Warm Cinnamon Apples<br>Streusel Cake<br><br><div> <b>White Elephant Bingo</b><br/> <b>6-6:30pm</b> </div>  |
| <b>Friday, November 10</b><br><b>Shabbat Dinner</b><br>Chicken Rice Soup<br>Oven Fried Chicken<br>Baked Sweet Potato<br>Mediterranean Vegetable Salad<br>Challah<br>Strawberry Angel Food Cake   |

| Week of November 13-17   |
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| <b>Monday, November 13</b><br>Chef Salad<br><i>Large salad w/tomato wedges, carrots, cucumbers, egg</i><br>Baked Potato w/Toppings<br>Meatless Chili<br>Shredded Cheese<br>Sour Cream<br>Salad Crackers<br>Whole Wheat Garlic Bread<br>Peach Pudding<br><br><div> <b>Support Council and Menu Meeting</b><br/> <b>Everyone is Welcome!</b><br/> <b>Friendship Room</b><br/> <b>2:30-4pm</b> </div> |
| <b>Tuesday, November 14</b><br>Savory Chicken Pot Pie<br>w/Puff Pastry Top<br>Mixed Greens Salad<br>w/Fresh Apples & Grapes<br>Whole Wheat Dinner Roll<br>Lemon Coconut Cake   |
| <b>Wednesday, November 15</b><br>Teriyaki Salmon<br>Sesame Noodles<br>Sweet Peas<br>Fresh Cucumber Slices<br>Chilled Mandarin Oranges<br>Homemade Almond Cookie<br><br><div> <b>“Where in the World” Trivia</b><br/> <b>6-6:30pm</b> </div>  |
| <b>Thursday, November 16</b><br>Mini Burgers on<br>Whole Wheat Rolls<br>Corn on the Cob or Sweet Corn<br>Lettuce, Sliced Tomatoes & Onions<br>Kosher Dill Pickle Spear<br>Fresh Banana<br>Chocolate Mousse<br><br><div> <b>AW Healthcare</b><br/> <b>“We Care About You”</b><br/> <b>6-6:30pm</b> </div>   |
| <b>Friday, November 17</b><br><b>Shabbat Dinner</b><br>Chicken Soup with Kasha<br>BBQ Chicken<br>Braised Cabbage<br>Sweet Potato Salad<br>Challah<br>Tropical Fruit Ambrosia   |

| Week of November 20-24  |
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| <b>Monday, November 20</b><br>Tuscan Bean and Barley Soup<br>Smoked Turkey on Marble Rye<br>Deli Slaw<br>Sweet Pickles<br>Fresh Red Grapes  |
| <b>Tuesday, November 21</b><br><b>Thanksgiving Celebration</b><br>Oven Roasted Turkey<br>Savory Bread Stuffing<br>Homemade Mashed Potatoes<br>Creamed Spinach or Green Beans<br>Cranberry Sauce<br>Warm Corn Muffin<br>Pumpkin Pie<br><br><div> <b>Thanksgiving Celebration</b><br/> <b>Music with</b><br/> <b>The July Sisters</b><br/> <b>6-6:45pm</b> </div> |
| <b>Wednesday, November 22</b><br>Soft Beef Tacos<br><i>Mildly seasoned beef w/two flour tortillas</i><br>Cilantro Rice<br>Shredded Lettuce w/Diced Tomatoes<br>Salsa<br>Tropical Fruit<br>Home Baked Cinnamon Sugar Cookie  |
| <b>Thursday, November 23</b><br><br><div> <b>Thanksgiving Holiday</b><br/> <b>No Meal Service</b> </div>  |
| <b>Friday, November 24</b><br><br><div> <b>Thanksgiving Holiday</b><br/> <b>No Meal Service</b> </div>  |