

Week of December 25-29

Monday, December 25

**Christmas
No Meal Service**

Tuesday, December 26

Italian Baked Tilapia
Herbed Fettucine
Sugar Snap Peas
Roasted Baby Carrots
Whole Wheat Dinner Roll
Fresh Pear

**Wednesday, December 27
Birthday Party!**

Soft Beef Tacos
Mildly seasoned beef w/two flour tortillas
Cilantro Rice
Shredded Lettuce w/Diced Tomatoes
Salsa
Tropical Fruit
Brownie Parfait
*Brownie, whipped topping, chocolate sauce,
cherry on top*

**Celebrate December's birthdays with great
music by Bryan Foggs
6-6:30pm**



**Thursday, December 28
New Year's Party!**

Festive Holiday Punch
Apricot Chicken
Crispy Potatoes
Whole Green Beans
Apple Cranberry Crisp

**Musical entertainment by Stacey McClenahan
as we celebrate 2017!
6-6:30pm**

**Friday, December 29
Shabbat Dinner**

Baked Meatloaf/Gravy
Mashed Potatoes
Green Salad w/Beets/Almonds
Whole Wheat Croutons
Challah
Pineapple Upside Down Cake

Dear Diners,

December is here and with it the end of another year. This is a month of lights, snow and feasts. A time to make amends, and tie up loose ends. A time to finish what you started and hope that your dreams come true. It's a great time to come to dinner with your friends and enjoy the programs we have planned all month. Check out all the great things we have planned on the menu and in more detail below. Have a great month and remember to keep warm in this cold weather!

December Events

Dec 4 - Join us after dinner for a **Winter Wonderland Event!** Extend your dinner conversations while enjoying hot cocoa, snow cones, cookies and holiday music.

Dec 7 - **Cello Player Josh Rosen** will return to play relaxing music before dinner so come down a little earlier than usual! After dinner, the **Children's Choir from Willow Brook Elementary** will perform. The children do a great job and you will not want to miss it!

Dec 11 - **The Support Council** and **Menu Meeting** will be before dinner. Share your thoughts and help plan our fun activities!

Dec 12 - At our annual **Hanukkah Celebration**, Joyce and Murray Hochberg will provide our entertainment. The Hochberg's are a welcome and traditional part of our annual holiday celebration.

Dec 13 - **Covenant Chorale**, directed by Robert Dension and hosted by Covenant Place, will perform after dinner.

Dec 14 - **White Elephant Bingo** means prizes and a good time!

Dec 20 - Join Katie for **Jeopardy Trivia!** Come enjoy a new type of trivia similar to the always popular Jeopardy!

Dec 21 - AW Healthcare will present their December program, with the evening's topic: **"Be Well."**

Dec 27 - **Birthday Party! Bryan Foggs** will return to provide musical entertainment as we celebrate December birthdays!

Dec 28 - **New Year's Eve Party! Stacey McClenahan** will provide musical entertainment as we celebrate the end of a wonderful year!

Sincerely,
Katie Morrison
Coordinator of Senior Programs
314.442.3149







Coming in January

- 4** Russian New Year Celebration
- 8** Support Council Meeting
- 10** White Elephant Bingo
- 11** Hayley Sohn presenting "Holiday Weight Loss"
- 17** David Ekin presenting "Living Well with Vision Problems"
- 18** AW Healthcare
- 25** Trivia with Katie
- 31** Birthday Party

Состоится в Январе...

- 4** Празднование Нового Года с/для русскоговорящих
- 8** Заседаний Совета Поддержки
- 10** Большое Бинго
- 11** Хэйли Сон "Как Потерять вес в праздничный сезон"
- 17** Дэвид Экин рассказывает "Жить Нормально с Проблемами со зрением"
- 18** AW представляет
- 25** Викторина с Кейти
- 31** Празднование Дней Рождения с Папа Райт

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**
December 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 December 1



Friday, December 1
Shabbat Dinner
Chicken Rice Soup
Oven Fried Chicken
Baked Potato
Creole Eggplant
Challah
Peach Shortcake

Week of December 4-8

Monday, December 4
Shepherd’s Pie
Seasoned ground beef, vegetables, mashed potato topping
Sweet Corn
Whole Wheat Roll
Graham Cracker
Peach Parfait

Winter Wonderland Social
6-6:30 pm

Tuesday, December 5
Sweet & Sour Chicken
Brown Rice
Stir Fry Vegetables
Asian Salad
Pineapple Tidbits
Almond Cake

Wednesday, December 6
Savory Split Pea Soup
Cheese Veggie Croissant
Melted American, mozzarella cheeses, roasted vegetables on flaky warm croissant
Creamy Coleslaw
Double Chocolate Brownie

Thursday, December 7
Hearty Lentil Soup
Grilled Quarter Pound Hot Dog
On Whole Wheat Bun
German Potato Salad
Baked Apple Dessert

Cello Music by Josh Rosen
4:30-4:45pm

Children’s Choir
Willow Brook Elementary School
6-6:30pm

Friday, December 8
Shabbat Dinner
Braised Chicken/Gravy
Mushroom Barley
Roasted Green Beans w/Red Peppers
Pickled Beets
Challah
Apricots w/Whipped Topping

Week of December 11-15

Monday, December 11
Creamy Tomato Soup
Vegetable Quiche
Hash Brown Potatoes
Fruit Salad
Whole Wheat Biscuit

Support Council and Menu Meeting
Everyone is Welcome!
Friendship Room
2:30-4pm

Tuesday, December 12
Hanukkah Celebration

Roast Beef
Latkes/Applesauce
Glazed Root Vegetables
Mixed Green Salad
Leaf & iceberg lettuces, apples, cranberries, pecans
Whole Wheat Dinner Roll
Jelly Donuts

An Evening of Holiday Music with Joyce and Murray Hochberg
6pm




Wednesday, December 13
Rigatoni & Meat Sauce
Cauliflower
Caesar Salad
Whole Wheat Garlic Bread
Pear Slices w/Chocolate Drizzle

Covenant Chorale Performance
Hosted by Covenant Place
6-7pm




Thursday, December 14
Vegetable Orzo Soup
Tuna Salad on Wheat Bun
Lettuce, Roma Tomatoes, Sweet Pickles
Chenice’s Peach Crisp

White Elephant Bingo
6-6:30pm



Friday, December 15
Shabbat Dinner
Chicken Rice Soup
Oven Fried Chicken
Baked Sweet Potato
Mediterranean Vegetable Salad
Challah
Strawberry Cake




Week of December 18-22

Monday, December 18
Chef Salad
Large salad w/tomato wedges, carrots, cucumbers, egg
Baked Potato w/Toppings
Meatless Chili
Shredded Cheese
Sour Cream
Salad Crackers
Whole Wheat Garlic Bread
Peach Pudding



Tuesday, December 19
Savory Chicken Pot Pie
w/Puff Pastry Top
Mixed Greens Salad
w/Fresh Apples & Grapes
Whole Wheat Dinner Roll
Lemon Coconut Cake



Wednesday, December 20
Teriyaki Salmon
Sesame Noodles
Sweet Peas
Fresh Cucumber Slices
Chilled Mandarin Oranges
Homemade Almond Cookie

Jeopardy Trivia!
6-6:30pm

Thursday, December 21
Double Mini Burgers on
Whole Wheat Roll
Corn on the Cob or Sweet Corn
Lettuce, Sliced Tomatoes & Onions
Kosher Dill Pickle Spear
Fresh Banana
Chocolate Mousse

AW Healthcare presents “Be Well”
6-6:30pm

Friday, December 22
Shabbat Dinner
Chicken Soup with Kasha
BBQ Chicken
Braised Cabbage
Sweet Potato Wedges
Challah
Tropical Fruit Ambrosia