

Week of January 29-31

Monday, January 29

Mini Burgers
Baked Beans
Honey Mustard Slaw
Whole Wheat Rolls
Mandarin Oranges & Pineapple Tidbits

Tuesday, January 30

Chicken Rice Soup
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
Peaches w/Whipped Topping
Sugar Cookie

Wednesday, January 31 Birthday Party!

Tilapia Amandine
Delicately baked w/a dash of lemon juice, paprika, served w/a sprinkle of toasted almonds
Savory Orzo Pilaf
Roasted Vegetables
Garden Salad
Strawberries
Double Chocolate Birthday Cake
Garlic Wheat Crostini



**A Lovely Evening of Musical Entertainment
with Papa Wright
6-6:30pm**



Dear Diners,

Shalom! Happy New Year!

I hope 2017 was a wonderful year and 2018 will be even better. January is a time of quiet and new beginnings. It is the perfect time to reflect on how you want to live your life. It's a time to refocus your priorities and set goals. With January also comes cold weather. We'll help keep your spirits up and not let the cold winter weather get you down with our delicious kosher meals and after dinner programs all month long!

January Programs

Jan 4 – We will have our **Russian New Year Celebration**. Isaac Lifits returns to provide wonderful music for our listening and dance pleasure. It's an evening you don't want to miss!

Jan 8 – **The Support Council** and **Menu Meeting** will be before dinner. Share your thoughts and help plan our fun activities.

Jan 10 – **White Elephant Bingo** means prizes!

Jan 11 – Hayley Sohn returns to present **"Holiday Weight Loss."** Learn how to start a healthier diet and remove those excess holiday pounds.

Jan 17 – David Ekin, President of the St. Louis Society of the Blind and Visually Impaired, will be presenting **"Living Well with Vision Problems."**

Jan 18 – **AW Healthcare** begins their series of educational presentations for 2018.

Jan 23 – Join Katie for **Name That Tune: TV Theme Songs**. See if you can remember the theme songs to some of your favorite TV shows growing up.

Jan 25 – It's time for some **80's Trivia**! What all can YOU remember from the 80s!

Jan 31 – **Birthday Party!** Join us for the musical entertainment of **Papa Wright**. Flowers will be presented to those celebrating January birthdays!

Happy New Year!
Katie Morrison
Coordinator of Senior Programs
314.442.3149







Coming in February

- 7 Movie and Popcorn
- 8 White Elephant Bingo
- 12 Support Council
- 13 Cajun Celebration
- 14 Red and White Day
- 15 Chinese New Year
- 21 Trivia with Katie
- 22 Birthday Party
- 28 Erev Purim

Состоится в Феврале...

- 7 Кино и Попкорн
- 8 Большое Бинго
- 12 Встреча с Советом по поддержке
- 13 Кейжен празднование (еда с острыми специями)
- 14 Красно-белый день
- 15 Китайский Новый год
- 21 Викторина с Кейти
- 22 Празднование Дней Рождений
- 28 Пурим

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**
January 2018



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 January 1-5	
Monday, January 1 New Year's Day No Meal Service 	
Tuesday, January 2 Soft Beef Tacos <i>Mildly seasoned beef w/two flour tortillas</i> Cilantro Rice Chopped Lettuce Diced Tomatoes Salsa Fresh Orange Wedges	
Wednesday, January 3 Vegetable Cous Cous Soup Italian Salad Cheese Pita Pizza Strawberries Vanilla Ice Cream	
Thursday, January 4 Russian New Year Celebration Stuffed Cabbage Salad Olivie Pickled Beets Fruit Salad Marble Rye Bread Poppy Seed Cake Musical Entertainment provided by Isaac Lifits Wonderful music to listen and dance to! 6-6:45pm	
Friday, January 5 Shabbat Dinner Vegetable Barley Soup Baked Meatloaf/Gravy Baked Potato Challah Apricots w/Whipped Topping	

Week of January 8-12	
Monday, January 8 Creole Tomato Soup Egg Salad Croissant Lettuce, Tomato, Sweet Pickle Savory Wheat Croutons Fresh Honeydew & Red Grapes Support Council and Menu Meeting Everyone is Welcome! Friendship Room 2:30-4pm	
Tuesday, January 9 Teriyaki Chicken Brown Rice Braised Carrots & Red Peppers Asian Salad Chilled Pineapple Tidbits Homemade Almond Cake	
Wednesday, January 10 Panko Crusted Tilapia Pimiento Mac & Cheese Broccoli or Green Beans Zucchini & Tomato Salad Strawberry Pudding Graham Crackers White Elephant Bingo 6-6:30pm	
Thursday, January 11 Meatball Sliders Italian Braised Potatoes Grilled Peppers and Onions Kosher Dill Pickles Soft Wheat Dinner Rolls Fresh Banana “Holiday Weight Loss” Presented by Hayley Sohn 6-6:30pm	
Friday, January 12 Shabbat Dinner Chicken Soup w/Kasha Oven Fried Chicken Baked Sweet Potato Cucumber Dill Salad Challah Mixed Fruit Sugar Cookie	

Week of January 15-19	
Monday, January 15 Roasted Salmon Filet Crispy Potatoes Seasoned Spinach or Green Beans Garlic Wheat Rolls Peach Parfait	
Tuesday, January 16 Italian Beef Herbed Fettucine Seasoned Sliced Carrots Tomato Slices, Red Onion, Kosher Pickle Marble Rye Bread Fresh Red Grapes	
Wednesday, January 17 Creamy Corn Chowder Soft Pretzel Stick Mediterranean Chicken Chef Salad <i>Seasoned chicken breast, mixed greens, tomatoes, peppers</i> Fresh Apples Whole Wheat Crostini “Living Well with Vision Problems” Presented by David Ekin President, St. Louis Society of the Blind and Visually Impaired 6-6:30pm	
Thursday, January 18 BBQ Burger on Wheat Bun Sweet Potato Wedges Creamy Coleslaw Pear Slices Gelatin w/Whipped Topping A New Series of Educational Presentations Begins For the New Year AW Healthcare 6-6:30pm	
Friday, January 19 Shabbat Dinner Chicken Rice Soup Honey Glazed Chicken Smothered Cabbage <i>Braised cabbage and potatoes</i> Sweet Peas Challah Tropical Fruit Ambrosia	

Week of January 22-26	
Monday, January 22 Baked Potato Soup Smoked Turkey on Marble Rye Bread w/Russian Dressing Deli Slaw Kosher Dill Pickle Spear Peach Dessert	
Tuesday, January 23 Chicken Stew <i>Savory mix of tender chicken, vegetables in a flavor-filled sauce</i> Marinated Tomato Salad Whole Wheat Croutons Warm French Bread Apple Streusel Name That Tune: TV Theme Songs Join in on the fun with Katie! 6-6:30pm	
Wednesday, January 24 Salisbury Steak <i>Classic blend of ground beef, seasonings served w/a rich brown gravy</i> Mashed Potatoes Roasted Baby Carrots Whole Wheat Dinner Roll Strawberries w/Whipped Topping, Graham Crackers	
Thursday, January 25 Mostaccioli with Meat Sauce Caesar Salad w/Tomato Wedges Seasoned Green Beans Garlic Wheat Roll Chilled Honeydew Are you ready for some 80”s Trivia? Katie is bringing some fun, interesting facts. What can <i>you</i> remember? 6-6:30pm	
Friday, January 26 Shabbat Dinner Chicken Noodle Soup Oven Fried Chicken Mashed Sweet Potatoes Sugar Snap Peas Challah Fresh Red Grapes	