

Week of March 26-30

Monday, March 26

Tomato Basil Soup
Deli Turkey on Marble Rye
Lettuce, Tomato Slices
Kosher Dill Pickle Spears
Marinated Cucumber Salad
Chilled Sliced Pears

Tuesday, March 27

Jumbo Hot Dog
On a Deli Bun
Baked Beans
Creamy Coleslaw
Peaches w/Whipped Topping

Wednesday, March 28

Take-Out Meal 12:30pm

Tuna Salad on Croissant
Green Salad w/Roma Tomato Slices
Sweet Gherkins
Apple Sauce Cup
Oatmeal Raisin Cookie

Thursday, March 29

Passover Meal

Sloppy Joes
Sweet Potato Wedges
Chopped Lettuce & Tomatoes
Pineapple Tidbits & Mandarin Oranges
Egg Matza
Macaroons

Friday, March 30

Passover - First Seder, 4:30pm

Mildred & Lee Bohn Social Hall

Dinner to follow

Gefilte Fish
Matza Ball Soup
Savory Roast Beef
Potato Kugel
Roasted Vegetables
Matza
Chocolate Cake w/Fresh Strawberries

Dear Diners,

March is here which means that spring is upon us! I hope everyone is doing well and staying healthy! We have lots of fun programs and celebrations this month. Join us for our delicious kosher meals, and our after-dinner events all month! You can see the programs we have planned in detail on the menu!

On **March 1** we welcome back **Willow Brook Elementary Choir**. The children always do a great job, you'll love it! March is our monthly **White Elephant Bingo**. Join us and try to win some awesome prizes! **March 8** is International Woman's Day, which culminates with wonderful music from **Linda Ford**!

March 12 is the **Support Council and Menu Meeting** from 2:30-4pm in the **Friendship Room**. Share your thoughts and help plan our fun activities! On **March 13** join me for **Kitchen Trivia**! Then on **March 15**, **AW Healthcare** will present **The Ups and Downs of Blood Pressure**.

The following week brings us **Green Day Celebration** on **March 19**! Show your spirit and wear green! Then join us after dinner for **Truth or Blarney Trivia** with interesting facts about Ireland. The next day join Katie for **Name That Tune: Famous Soundtrack Hits**! Come see if you can recall songs played in some of your favorite movies!

On **March 22**, we'll celebrate with our March **Birthday Party**, with entertainment from the wonderful **Bryan Fogs** from 6-6:45pm! Join us after dinner for music and dancing!

Passover Seder

On **Friday, March 30**, we will hold our **First Passover Seder**. The service will begin at 4:30pm with a special Passover dinner to follow. **Reservations need to be made to me, Katie Morrison, at 314.442.3149 by Monday March 19**. The **cost of the Seder** for attendees who are 60+ is \$3 per person.

In addition, there is a \$3.50 suggested donation for dinner. Cost for those 59 and under is \$3 per person for the Seder plus \$8 for dinner. Seder costs for all ages and dinner cost for those 59 and under must be paid at time of reservation. We look forward to you joining us on this special evening!

Sincerely,
Katie Morrison
Coordinator of Senior Programs
314.442.3149







Coming in April

- 2-6 Passover
- 4 Covenant Chorale
- 5 J Youth Theatre Performance
- 9 Support Council Meeting
- 11 White Elephant Bingo
- 12 Movie and Popcorn
- 18 Baseball Trivia
- 19 AW Healthcare Presenting "Keep Walking"
- 25 Name That Tune: Patriotic Songs
- 26 Birthday Party

Состоится в Апреле

- 2-6 Пасха
- 4 Ковенант Хор
- 5 Выступление детей из молодёжного театра JCC
- 9 Заседание Совета Поддержки
- 11 Большое бинго
- 12 Кино и Попкорн
- 18 Бейсбольная Викторина
- 19 AW представляют "Продолжаем ходить"
- 25 Известные Имена: Патриотические Песни
- 26 Вечеринка по случаю 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**
March 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 March 1-2

Chinese New Year Highlights



Thursday, March 1
Mostaccioli with Meat Sauce
Caesar Salad w/Tomato Wedges
Seasoned Green Beans
Garlic Wheat Roll
Chilled Honeydew

Musical Entertainment
Willow Brook Elementary Choir
6-6:30pm

Friday, March 2
Shabbat Dinner
Chicken Noodle Soup
Oven Fried Chicken
Mashed Sweet Potatoes
Sugar Snap Peas
Challah
Fresh Red Grapes

Week of March 5-9

Monday, March 5
Double Mini Burgers
Baked Beans
Honey Mustard Slaw
Whole Wheat Rolls
Mandarin Oranges & Pineapple Tidbits

Tuesday, March 6
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

White Elephant Bingo
6-6:30pm

Wednesday, March 7
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

Thursday, March 8
International Women's Day
Beef Goulash
Egg Noodles
Lemon Garlic Green Beans
Creamy Broccoli & Cauliflower Salad
Marble Rye Bread
Baked Apple

Musical Entertainment
Linda Ford

Friday, March 9
Shabbat Across America
Shabbat Dinner
Chicken Vegetable Soup
Braised Chicken & Gravy
Kasha and Bowties
Pickled Beets
Challah
Apricot Shortcake

Week of March 12-16

Monday, March 12
Tuna Noodle Casserole
A creamy classic recipe
Green Lettuce Salad w/Apples
Glazed Carrots
Soft Wheat Dinner Roll
Double Chocolate Brownie

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

Tuesday, March 13
Soft Beef Tacos
Mildly seasoned beef w/two flour tortillas
Cilantro Rice
Chopped Lettuce
Diced Tomatoes
Salsa
Fresh Orange Wedges

Kitchen Trivia with Katie
6-6:30pm

Wednesday, March 14
Vegetable Cous Cous Soup
Italian Salad
Cheese Pita Pizza
Strawberries
Vanilla Ice Cream

Thursday, March 15
Chicken Cacciatore w/ Spaghetti
Three Bean Salad
Garlic Wheat Rolls
Pear Almond Cookie Crumble

“The Ups and Down of Blood Pressure”
AW Healthcare
6-6:30pm

Friday, March 16
Shabbat Dinner
Vegetable Barley Soup
Baked Meatloaf & Gravy
Baked Potato
Challah
Peaches w/Whipped Topping

Week of March 19-23

Monday, March 19
Green Day Party!
Wear Your Green!
Split Pea Soup
Egg Salad Croissant
Lettuce, Tomato, Sweet Pickle
Savory Wheat Croutons
Fresh Honeydew

Truth or Blarney Trivia
6-6:30pm

Tuesday, March 20
Teriyaki Chicken
Fluffy Brown Rice
Seasoned Sliced Carrots
Asian Salad
Pineapple Tidbits

Name That Tune: Famous Soundtrack Hits!
6-6:30pm

Wednesday, March 21
Panko Crusted Tilapia
Pimiento Mac & Cheese
Spinach or Green Beans
Zucchini & Tomato Salad
Strawberries w/Whipped Topping
Graham Crackers

Thursday, March 22
Birthday Party!
Meatball Sliders
Tender meatballs in a rich marinara sauce
Italian Braised Potatoes
Grilled Peppers and Onions
Soft Wheat Dinner Rolls
Fresh Banana
Peach Pie

Musical Entertainment
Bryan Foggs
6-6:45pm



Friday, March 23
Shabbat Dinner
Chicken Soup w/Kasha
Oven Fried Chicken
Baked Sweet Potato
Pickled Beets
Challah
Chilled Mixed Fruit
Homemade Sugar Cookie