

Week of May 28-31

Monday, May 28

**Memorial Day Holiday
No Meal Service**

Tuesday, May 29

Memorial Day Celebration

BBQ Chicken
Red Potato Salad
Vinaigrette Slaw
Hot Corn Bread
Strawberry/Blueberry Shortcake

**Memorial Day Trivia w/Katie
6-6:30pm**

Wednesday, May 30

Vegetable Rice Soup
Tuna Salad on Croissant
Lettuce, Tomatoes, Sweet Pickles
Fresh Apples & Grapes
Chocolate Sundae

Thursday, May 31

Jumbo Hot Dog on Bun
Classic Potato Salad
Bavarian Slaw
Chilled Sliced Peaches
Graham Crackers



**Birthday Party Celebration
Music & Dancing w/ Bryan Foggs
6-6:45pm**



Dear Diners,

Shalom! Wishing you a very happy spring as it spreads its charm and every tree and flower begins to bloom. We hope you'll join us several times throughout the month for numerous celebrations as we all enjoy the spring season and warmer weather.

- On **May 3**, join us for a **Cinco de Mayo Celebration** with a tasty meal and entertainment by the **St. Cecilia Parish Mexican Dancers**.
- On **May 8** stay after dinner and play **White Elephant Bingo** where you could win fun prizes!
- Our **Mother's Day Celebration** will take place on **May 14**. Join us before dinner from 4-4:30pm for a **Mother's Day Tea Social** which will include drinks and snacks! We will then be showing the film **Mama Mia!** after dinner.
- On **May 15** it's time for **Jeopardy Trivia!** We'll test your knowledge just like on TV!
- On **May 16** we will hold our **Support Council and Menu Meeting** from 2:30-4pm in the **Friendship Room**. Share your thoughts and help plan our fun activities.
- **AW Healthcare** returns **May 17** with a presentation entitled **Breath Easy**
- On **May 22** join me for **Name That Tune: Travelin' Tunes!**
- **May 28** there will be no meal service due to Memorial Day.
- Our **Memorial Day Celebration** is on May 29 and will feature after dinner **Memorial Day Trivia!**
- It will be time to cut the cake at our **Birthday Party on May 31**. Flowers will be handed out to our May birthdays, and we'll continue the celebration after dinner with music and dancing with Bryan Foggs!

Be well and we look forward to seeing you!

Katie Morrison
Coordinator of Senior Programs
314.442.3149







Coming in June

- 5** White Elephant Bingo
- 7** Trivia with Katie
- 12** Entertainment with Joyce and Murray Hochberg
- 14** AW Healthcare Presenting "The Skinny on Skin Care"
- 18** Father's Day Celebration
- 19** Name That Tune
- 21** Movie and Popcorn
- 28** Birthday Party

Состоится в Июне

- 5** Большое бинго
- 7** Викторина с Кейти
- 12** Представляют Джойс и Мюррей Хочберг
- 14** AW представляют "Уход за кожей"
- 18** Празднование Дня Отца
- 19** Назови мелодию
- 21** Кино и попкорн
- 28** Празднование июньских дней рождения

Menus reflect MEAAA requirements which follow key recommendations from the Dietary Guidelines for Americans.

Kosher meals, Vaad Hoeir 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**
May 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.**

jccstl.org



Week of May 1-4	
Tuesday, May 1 Summer Squash & Corn Soup BBQ Chicken Salad <i>Seasoned chicken breast on large salad of mixed greens, tomatoes, bell peppers, corn, black beans, with a drizzle of ranch & BBQ dressing</i> Texas Toast Chilled Cantaloupe	
Wednesday, May 2 Tilapia Amandine <i>Delicately baked w/a dash of lemon juice, paprika, served w/a sprinkle of toasted almonds</i> Orzo Pilaf Roasted Vegetables Garden Salad Homemade Crostini Angel Food Cake w/Fresh Strawberries	
Thursday, May 3 Cinco de Mayo Chicken Fajitas <i>Tender chicken strips, vegetables, flour tortillas</i> Black Bean & Corn Salad Shredded Lettuce \$ Tomatoes Fresh Fruit Cup Cinnamon Sugar Cookie Special Performance St. Cecilia Parish Mexican Dancers 6-6:30pm	
Friday, May 4 Shabbat Dinner Chicken Vegetable Soup Braised Chicken & Gravy Kasha and Bowties Pickled Beets Challah Apricots w/Whipped Topping	
	

Week of May 7-11	
Monday, May 7 Apple Pecan Chicken Salad Homemade Crostini Cherry Tomatoes Sweet Pickles Strawberries & Kiwi Blueberry Muffin	
Tuesday, May 8 Beef Goulash Egg Noodles Lemon Garlic Green Beans Broccoli Cauliflower Salad Wheat Dinner Roll Baked Apple White Elephant Bingo 6-6:30pm	
Wednesday, May 9 Mexican Cheese Pizza <i>Delicious twist on Italian</i> Sweet Corn Lettuce/Diced Tomatoes Fresh Orange Wedges Cinnamon Graham Crackers	
Thursday, May 10 Rigatoni & Meat Sauce Italian Vegetables Garden Salad Garlic Bread Chilled Pears	
Friday, May 11 Shabbat Dinner Chicken Rice Soup Oven Fried Chicken Baked Sweet Potato Marinated Cucumber & Tomatoes Challah Tropical Fruit	

Week of May 14-18	
Monday, May 14 Mother's Day Tea Social 4-4:30pm Garden Vegetable Soup Cashew Chicken Salad Fresh Cantaloupe Wedges Chilled Red Grapes Assorted Breads Strawberry Angel Food Muffin Mama Mia! Starring Meryl Streep An Fun Romantic Comedy Musical Film 6-7:45pm	
Tuesday, May 15 Stir Fry Chicken & Vegetables Lo Mein Noodles Asian Salad Pineapple Tidbits Almond Cake Jeopardy Trivia w/Katie 6-6:30pm	
Wednesday, May 16 Panko Crusted Tilapia Brown Rice Pilaf Seasoned Green Beans Marinated Zucchini & Tomato Salad Chilled Peach Slices Support Council and Menu Meeting Everyone is Welcome! • Friendship Room 2:30-4pm	
Thursday, May 17 BBQ Burger on Whole Wheat Bun Corn on the Cob or Sweet Corn Carolina Slaw Fresh Banana Chocolate Mousse “Breath Easy” AW Healthcare 6-6:30pm	
Friday, May 18 Shabbat Dinner Chicken Soup w/Kasha Montreal Chicken Sweet & White Potato Wedges Cucumber Dill Salad Challah Chilled Mixed Fruit	

Week of May 21-25	
Monday, May 21 Mediterranean Salmon Sesame Noodles Spinach or Sliced Carrots Israeli Salad Warm Pita Bread Chilled Red Grapes	
Tuesday, May 22 Shepherd's Pie Whole Green Beans Marinated Tomato Salad Whole Wheat Dinner Roll Cinnamon Apples Graham Crackers Name That Tune: Travelin' Tunes! 6-6:30pm	
Wednesday, May 23 Tuscan Bean Soup Chicken Cobb Salad <i>Seasoned chicken on crisp lettuce salad w/egg, carrots, tomatoes cucumber</i> Mini Pretzel Stick Homemade Crostini Chilled Sliced Peaches Angel Food Cake	
Thursday, May 24 Spaghetti & Meat Balls Caesar Salad Roasted Carrot Sticks Garlic French Bread Fresh Honeydew	
Friday, May 25 Shabbat Dinner Chicken Rice Soup Oven Fried Chicken Smothered Cabbage Sweet Peas Challah Tropical Fruit	