

Week of June 25-29

Monday, June 25

Mediterranean Salmon
Sesame Noodles
Spinach or Sliced Carrots
Israeli Salad
Whole Wheat Dinner Roll
Fresh Red Grapes

Tuesday, June 26

Shepherd's Pie
Whole Green Beans
Marinated Tomato Salad
Whl Wht Dinner Roll
Warm Cinnamon Apples
Graham Crackers

Wednesday, June 27

Tuscan Bean Soup
Chicken Cobb Salad
Seasoned chicken, crisp lettuce, egg, carrots, tomatoes, cucumbers
Mini Pretzel Stick
Chilled Sliced Peaches
Shortbread Cookies

Thursday, June 28 Birthday Party!

Spaghetti & Meat Balls
Caesar Salad
Roasted Carrot Sticks
Warm French Bread
Fresh Honeydew
Chocolate Mousse Cake



**Music & Dancing w/ Bryan Foggs
6-6:30pm**

Friday, June 29 Shabbat Dinner

Chicken Rice Soup
Oven Fried Chicken
Smothered Cabbage
Sweet Peas
Challah
Tropical Fruit

Dear Diners,

Shalom!

I can't believe It's already June! I hope you're ready for summer! We've already had some pretty warm days, so make sure you're taking the proper precautions when you head outside. But when you're inside this month, we hope you'll join us for our delicious, kosher meals and several of the enjoyable programs we have planned for you

- On **June 5** stay after dinner and play **White Elephant Bingo** – you could win fun prizes!
- On **June 7** it's time for **Jeopardy Trivia!** We'll test your knowledge just like on TV!
- On **June 12** we will have entertainment with Joyce and Murray Hochberg from 6-6:45.
- AW Healthcare** returns **June 14** with a presentation entitled The Skinny on Skin Care.
- Our **Father's Day Celebration** is **June 18**. We will be showing the film **Father of the Bride** after dinner.
- On **June 19** join me for **Name That Tune: 1960's hits!**
- Our **Birthday Party** is **June 28**. Flowers will be handed out to our June 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



kitchen j

Good Bye...

It's time for Kitchen J to say good bye at the end of June. We may not see you at dinner any longer but please know that we will always cherish the fond memories of our many years serving you and working with you to plan our many special programs and celebrations. We've had so many great times, from the Passover Seders, to the celebrations for Hanukkah, Rosh Hashanah, Yom Kippur, Sukkot, Purim and so many more! Remember the beautiful Chinese New Year programs and the great music and dancing at the Russian New Year's and the fun monthly birthday parties. Rummage sales, kugel and cookie contests, fashion shows, ice cream socials and movie nights are a few of the good times that come to mind.

Getting to know so many of you has been a joy and a privilege.

Thank you,

Linda, Katie, Jade, Tanisha, Larry & Mike







Dear Diners,

I have enjoyed my time here as the Senior Programs Coordinator and getting to know each of you. This has been a learning experience that I will always remember and cherish. I will miss you all very much, and am excited to start a new phase of my career.

I wish you all the best.

Yours truly,
Katie

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**
June 2018

Thank You

kitchen j

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 June 1



Friday, June 1
Shabbat Dinner
Beef Barley Soup
Salisbury Steak
Mashed Potatoes & Gravy
Seasoned Sliced Carrots
Challah
Fresh Strawberries w/Whipped Topping

Week of June 4-8

Monday, June 4
Fresh Salmon Cakes on
Toasted Whole Wheat Bun
Seasoned Potato Wedges
Cucumber Dill Salad
Honeydew/Red Grapes

Tuesday, June 5
Summer Squash & Corn Soup
BBQ Chicken Salad
Seasoned chicken breast on large salad of mixed greens, tomatoes, bell peppers, corn, black beans, w/a drizzle of ranch & BBQ dressing
Texas Toast
Chilled Cantaloupe

White Elephant Bingo
6-6:30pm

Wednesday, June 6
Tilapia Amandine
Delicately baked w/a dash of lemon juice, paprika, served w/a sprinkle of toasted almonds
Orzo Pilaf
Seasoned brown rice, orzo pasta
Sugar Snap Peas
Garden Salad
Whole Wheat Dinner Roll
Peach Slices w/Whipped Topping

Thursday, June 7
Sloppy Joes on Deli Bun
Red Potato Salad
Creamy Coleslaw
Applesauce
Streusel Cake

Jeopardy Trivia!
6-6:30pm

Friday, June 8
Shabbat Dinner
Chicken Vegetable Soup
Braised Chicken & Gravy
Kasha and Bowties
Pickled Beets
Challah
Apricots w/Whipped Topping

Week of June 11-15

Monday, June 11
Apple Pecan Chicken Salad
Homemade Crostini
Cherry Tomatoes
Sweet Pickles
Strawberries & Kiwi
Blueberry Muffin

Tuesday, June 12
Beef Goulash
Egg Noodles
Sweet Peas
Three Bean Salad
Marble Rye Bread
Baked Apple

Musical Entertainment
Joyce and Murray Hochberg
6-6:45pm

Wednesday, June 13
Mexican Cheese Pizza
Delicious twist on Italian.
Sweet Corn
Lettuce/Diced Tomatoes
Fresh Orange Wedges
Cinnamon Graham Crackers

Thursday, June 14
Rigatoni & Meat Sauce
Italian Vegetables
Garden Salad
Herbed Dinner Roll
Chilled Pears

AW Healthcare
“The Skinny on Skin Care”
6-6:30pm

Friday, June 15
Shabbat Dinner
Chicken Rice Soup
Oven Fried Chicken
Baked Sweet Potato
Marinated Cucumber & Tomatoes
Challah
Tropical Fruit

Week of June 18-22

Monday, June 18
Father’s Day
Roast Beef on Deli Bun
Baked Potato
Italian Salad
Red pepper, tomatoes, cucumber, black olives
Chilled Watermelon Wedge

“Father of the Bride”
Great American comedy starring Steve Martin
6-7:45pm

Tuesday, June 19
Stir Fry Chicken & Vegetables
Lo Mein Noodles
Asian Salad
Pineapple Tidbits
Almond Cookies

Name That Tune: 1960’s Hits!
6-6:30pm

Wednesday, June 20
Panko Crusted Tilapia
Brown Rice Pilaf
Seasoned Green Beans
Marinated Zucchini & Tomato Salad
Chilled Peach Slices

Thursday, June 21
BBQ Burger on Whole Wheat Bun
Corn on the Cob or Sweet Corn
Honey Mustard Slaw
Fresh Banana

Friday, June 22
Shabbat Dinner
Chicken Soup w/Kasha
Montreal Chicken
Sweet & White Potato Wedges
Cucumber Dill Salad
Challah
Chilled Mixed Fruit