

## Week of September 26-30

### Monday, September 26

Lemon Tilapia  
Sweet Noodle Kugel  
Broccoli or Green Beans  
Creamy Cucumber Salad  
Soft Wheat Dinner Roll  
Cantaloupe/Blueberries

### Tuesday, September 27

Italian Roast Beef  
Mashed Potatoes & Gravy  
Seasoned Spinach or Sliced Carrots  
Caesar Salad  
Marble Rye Bread  
Sugar Cookie

### Wednesday, September 28

Veg. Cous Cous Soup  
Apple Pecan Chicken Salad on Bun  
Marinated Tomatoes  
Lettuce, Sweet Pickles  
Fresh Honeydew/Red Grapes



**Trivia with Brittany**  
**It's trivia time! Prizes for the winners!**  
**6-6:30pm**

### Thursday, September 29 September Birthdays!

Mini Burger  
Baked Beans  
Carrot Raisin Salad  
Lettuce Tomato Kosher Pickle Spear  
Chocolate Mousse Cake

**Birthday Celebration!**  
**Magic Show by**  
**Fun Times Productions**  
**6-6:30pm**

### Friday, September 30 Shabbat Dinner

Chicken Rice Soup  
BBQ Chicken  
Baked Potato  
Eggplant Salad  
Challah  
Chilled Watermelon Cubes

Dear Diners,

Shalom!

A new month offers new challenges, new hopes and new goals. I hope everyone beats every challenge, and has a wonderful September. We'll kick off the month with a **Labor Day Celebration** on **September 1**, with Clowning Entertainment from Fun Time Productions.

**September 7** – After dinner, it's time for a fun night of board games. Options will include *Checkers*, *Sorry* or *Scrabble*!

**September 8** – Painting with Brittany will be on the patio (weather permitting). We'll paint images to reflect the fall season, while listening to soothing music. Paint brushes, art paper and paint will be provided. Feel free to bring your own brushes or tools if you prefer.

**September 14** brings back our monthly **White Elephant Bingo Social**. Stay after dinner, and play to win a prize!

**AW Healthcare** returns **September 15** to discuss **"What's in your Flu Kit?"** With flu season approaching, get all your questions answered. Enjoy fresh fruit from AW Healthcare during the discussion.

Lastly, we will end September with four fun after-dinner programs!

**Sept. 21** – Movie Night featuring the musical "Grease" with a special sherbet treat.

**Sept. 22** – Best of the Cardinals Highlights and Bloopers

**Sept. 28** – Trivia with Brittany

**Sept. 29** – September Birthdays' Celebration featuring a Magic Show by Fun Times Productions

I'm looking forward to spending time with all of you during September!

Sincerely,  
Brittany Fischer  
Coordinator of Senior Programs  
314-442-3149



## Coming in October October

- 4** Rosh Hashanah
- 11** Erev Yom Kippur
- 13** White Elephant Bingo
- 17** Sukkot
- 26** Birthday Celebration Performance by Willow Brook Children's Group
- 27** Guest Speaker: Art Presentation by Jean Rosen

### Состоится в Октябре ...

- 4** Октября Рош Хашана
- 11** Октября Йом-Киппур Эрива
- 13** Октября Большое Бинго
- 17** Октября Суккот
- 26** Октября Празднование Дней Рождения -Выступление детей из Виллоу Брук школы
- 27** Октября Приглашенный гость/ оратор: Представляет свои работы -картины (Джин Розен)



*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**  
**September 2016**



Dinner Served: 5:00pm  
Monday – Thursday

Special Friday Shabbat Dinner: 5:00pm

### Reservations Required

Please call one day in advance.  
RESERVATION LINE: 314-442-3149  
OR: [bfischer@jccstl.org](mailto:bfischer@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](http://jccstl.org)





Week of September 1-2



**Thursday September 1**  
**Labor Day Party!**  
Grilled Montreal Chicken  
Creamy Dill Potato Salad  
Broccoli and Carrots  
Soft Wheat Roll  
Red, White and Blue Cake  
Pink Lemonade

**Carnival Time!**  
**Clowning Entertainment by**  
**Fun Time Productions**  
**6-6:45pm**

**Friday, September 2**  
**Shabbat Dinner**  
Chicken Noodle Soup  
Turkey and Gravy  
Baked Sweet Potato  
Sugar Snap Peas  
Cran Applesauce  
Challah  
Angel Food Cake w/Whipped Topping

Week of September 5-9

**Monday, September 5**

**Labor Day**  
**No Meal Service**

**Tuesday, September 6**  
Baked Meatloaf  
Homemade Mashed Potatoes & Gravy  
Baby Carrots  
Pickled Beets  
Soft Wheat Roll  
Baked Apple Dessert

**Wednesday, September 7**  
Cheese Blintzes w/Fresh Strawberries  
& Sour Cream  
Chef Salad  
*Mixed greens, egg, tomato wedges, shredded  
carrots & diced cucumbers*  
Whole Wheat Crackers  
Blueberry Muffin

**Board Game Night**  
**Join us after dinner game time!**  
**6-6:30pm**

**Thursday, September 8**  
BBQ Burger on Deli Bun  
w/ Grilled Peppers & Onions  
Sweet Corn on the Cob  
Carolina Slaw  
Chocolate Chunk Cookie

**Painting with Brittany**  
**6-6:45pm**

**Friday, September 9**  
**Shabbat Dinner**  
Chicken Vegetable Soup  
Braised Chicken w/Fresh Mushrooms  
Savory Kasha and Shells  
Grilled Vegetables  
Challah  
Apricots w/Whipped Topping

Week of September 12-16

**Monday, September 12**  
Creole Fish  
Herbed Brown Rice  
Seasoned Carrot Slices  
Fresh Fruit Salad  
Soft Wheat Roll  
Vanilla Ice Cream

**Support Council and Menu Meeting**  
**Friendship Room**  
**2:30-4pm**

**Tuesday, September 13**  
Chicken Pot Pie w/  
Mixed Vegetables &  
Puff Pastry Square  
Crisp Green Salad w/Mandarin Oranges  
& Almonds  
Lemon Coconut Cake

**Wednesday, September 14**  
Split Pea Soup  
Smoked Turkey Sandwich on  
Marble Rye  
Veggie Pasta Salad  
Lettuce, Tomato, Dill Pickle Spear  
Watermelon Wedge

**White Elephant Bingo**  
**Don't miss out on a chance to win a**  
**prize this month!**  
**Join us and play!**  
**6-6:30pm**

**Thursday, September 15**  
Open Faced Mushroom Onion Burger on Deli Bun  
Sweet Corn  
Marinated Tomato Salad  
Banana Parfait w/Granola Topping

**AW Healthcare**  
**"What Is In Your Flu Kit?"**  
**Don't let the flu bug get you!**  
**6-6:30pm**

**Friday, September 16**  
**Shabbat Dinner**  
Chicken Noodle Soup  
Oven Fried Chicken  
Mashed Sweet Potatoes  
Country Green Beans  
Challah  
Cantaloupe/Kiwi

Week of September 19-23

**Monday, September 19**  
Roasted Salmon w/Potatoes & Mushrooms  
Crisp Garden Salad  
*Salad greens, tomatoes, zucchini, croutons*  
Soft Wheat Roll  
Pound Cake w/Peaches and Whipped Topping

**Tuesday, September 20**  
Grilled Italian Chicken Strips  
Mostaccioli w/Marinara Sauce  
Seasoned Spinach or Cauliflower  
Three Bean Salad  
Focaccia Bread  
Chilled Pears

**Wednesday, September 21**  
**Movie Night**  
Homemade Minestrone Soup  
Egg Salad, Tuna Salad, Cottage Cheese on  
Lettuce  
Honeydew & Cantaloupe Wedges  
Whole Wheat Crackers  
Apple Cinnamon Muffin

**"Grease"**  
**Watch this wonderful classic musical and**  
**enjoy a scoop of sherbet!**  
**6-7:50pm**

**Thursday, September 22**  
**Wear Your Cardinal Red!**  
Hot Dog on Deli Bun  
Chili  
Seasoned Potato Wedges  
Creamy Coleslaw  
Kosher Dill Pickle Spears  
Fresh Strawberries w/Whipped Topping

**Best of Cardinals Highlights and Bloopers**  
**Watch the greatest St. Louis baseball plays and**  
**games, along with some bloopers, too!**  
**6-6:30pm**

**Friday, September 23**  
**Shabbat Dinner**  
Sweet and Sour Meatballs  
Brown Rice Pilaf  
Braised Cabbage  
Seasoned Baby Carrots  
Challah  
Chilled Tropical Fruit