

## Week of October 31

### Monday, October 31

Tuna Noodle Casserole  
Chef Salad

*Crisp greens w/tomato, carrots, cucumbers, egg*  
Peas and Carrots  
Warm French Bread  
Double Chocolate Brownies

### Thank You September Volunteers!



Dear Diners,

Shalom and welcome all new diners!

October brings us wonderful holy days as we get to enjoy special holiday meals! The honey and apples we eat reminds us to have a sweet year, and the round challah represents the cycle for a good year.  
**Don't forget to make your reservations!**

**October 4** Rosh Hashanah Dinner

**October 11** Erev Yom Kippur; Lunch will be served at 12:30pm

**October 17** Sukkot Celebration with musical entertainment by Jillian and Danielle. Jillian plays a flute and ukulele, and Danielle plays guitar. They sing and will do a mix of fun Sukkot and fall songs and prayers.

**Important Dates and entertainment you don't want to miss out on!**

**October 6** Dance Entertainment by Grupo Atlántico Caribbean Dance of Columbia

**October 13** Proposition S Presentation by David Schimweg from Mid-East Area Agency on Aging

**October 19** Discussion on the 5 Constitutional Amendments and the 2 Proposed Statute Amendments, 1 + S, on the November ballot by Nancy Miller

**October 25** AW Healthcare discussion: "Be Awake to Healthy Aging"

**October 26** Art presentation and discussion of "Chaim Soutine: A painter from Smilavichy" by Jean Rosen

**October 27** Birthday Celebration, with a performance by the Willow Brook Children's Group

Hope everyone has a wonderful October. I look forward to seeing everyone!

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



## Coming in November November

**3** Merle Scheff School of Dance Performance

**9** Bingo Night by Home Watch Caregiver Volunteers

**10** Birthday Celebration Music Performance by Marvin Cohen

**17** AW Healthcare "We Care About You"

**22** Thanksgiving Celebration Music Performance by July Sisters

### Состоится в Ноябрье ....

**9** школа Мерл Шефф  
Танцевальное Представление

**9** Бинго С Волонтирами из Хом Ватч компании

**10** Празднование 10-го Дня Рождения и музыкальное представление от Марвин Коэн

**17** AW "Мы заботимся о Вас"

**22** музыкальный спектакль-празднование Дня Благодарения С Июльскими Сёстрами



*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**  
**October 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 October 3-7
<p><b>Monday, October 3</b>  <b>Rosh Hashanah</b>  <b>No Meal Service</b></p>
<p><b>Tuesday, October 4</b>  <b>Rosh Hashanah Dinner</b>            Matza Ball Soup            Savory Roast Beef            Potato Latkes/Applesauce            Sweet Carrot Souffle            Apples/Honey            Raisin Challah            Honey Cake</p>
<p><b>Wednesday, October 5</b>            Cream of Vegetable Soup            Julie’s Tuna Salad on Tzitel Bagel            Lettuce, Roma Tomatoes, Sweet Pickles            Peach Crisp</p>
<p><b>Thursday October 6</b>            Hearty Beef Stew            Sweet Corn            Garden Salad  <i>Lettuce, diced tomatoes, zucchini</i>            Marble Rye Bread            Apple Streusel Cake</p> <p><b>After dinner special and  fun dance entertainment!  Grupo Atlantico Caribbean  Dance of Columbia  6-6:45pm</b></p>
<p><b>Friday, October 7</b>  <b>Shabbat Dinner</b>            Chicken Noodle Soup            Roast Chicken/Mushroom Gravy            Green Bean Medley            Mediterranean Veg. Salad  <i>Diced red pepper, thin sliced cucumbers, red onion,  black olives, golden Italian dressing</i>            Challah            Apricots w/Whipped Topping</p>

Week of October 10-14
<p><b>Monday, October 10</b>            Chef Salad            Fluffy Baked Potato            Vegetarian Chili            Shredded Cheese            Sour Cream            Soft Wheat Roll            Vanilla/Chocolate Pudding  <b>Support Council and Menu Meeting</b>  <b>Friendship Room</b>  <b>2:30-4pm</b></p>
<p><b>Tuesday, October 11</b>  <b>Erev Yom Kippur</b>  <b>Lunch Meal Service 12:30</b>            Braised Chicken            Savory Quinoa Blend  <i>Quinoa, brown rice, cous cous, vegetables</i>            Seasoned Green Beans            Israeli Salad            Challah            Cranberry Apple Crumb Cake</p>
<p><b>Wednesday, October 12</b></p> <p><b>Yom Kippur</b>  <b>No Meal Service</b></p>
<p><b>Thursday, October 13</b>            Homemade Hamburger on            Wheat Bun            Corn on the Cob            Lettuce Tom Pickle Spear            Creamy Coleslaw            Chocolate Mousse</p> <p><b>Proposition S Presentation by  Mid-East Agency and Seniors Count  6-6:30pm</b></p>
<p><b>Friday, October 14</b>  <b>Shabbat Dinner</b>            Chicken Rice Soup            BBQ Chicken            Mashed Sweet Potatoes            Pickled Beets            Challah            Tropical Fruit</p>

Week of October 17-21
<p><b>Monday, October 17</b>  <b>Sukkot</b>            Matza Ball Soup            Stuffed Cabbage            Homemade Mashed Potatoes            Roasted Vegetables            Challah            Pumpkin Dessert</p> <p><b>Music Entertainment by Jillian and Danielle</b>  <b>Fun mix of Sukkot &amp; fall songs and prayers</b>  <b>6-6:45pm</b></p>
<p><b>Tuesday, October 18</b>            Chicken Fajitas  <i>Lightly seasoned breast strips</i>            Soft Flour Tortillas            Black Bean Corn Salad            Shredded Lettuce/Diced Tomatoes            Tropical Fruit Cup            Warm Sugar Cookie</p>
<p><b>Wednesday, October 19</b>            Creamy Tomato Soup            Fresh Salmon Cakes            Delicious! Made w/flaked fresh salmon            Macaroni and Cheese            Broccoli or Peas            Soft Wheat Roll            Fruit &amp; Yogurt Parfait</p> <p><b>Discussion on the 5 Constitutional Amendments  and the 2 Proposed Statute Amendments, 1 + S,  on the November ballot.</b>  <b>6-6:45pm</b></p>
<p><b>Thursday, October 20</b>            Sloppy Joes/Bun            White &amp; Sweet Potato Wedges            Cucumber Tomato Salad            Kosher Dill Pickle Spears            Warm Peach Crisp</p>
<p><b>Friday, October 21</b>  <b>Shabbat Dinner</b>            Baked Meatloaf/Gravy            Barley Vegetable Casserole            Green Salad w/Beets/Almonds            Challah            Pineapple Upside-Down Cake</p>

Week of October 24-28
<p><b>Monday, October 24</b>            Lemon Tilapia            Orzo Pilaf            Broccoli, Cauliflower, Carrots            Greek Salad            Garlic Bread Stick            Pear Spice Cake</p>
<p><b>Tuesday, October 25</b>            Homemade Chili or            Chili Mac            Garden Salad            Chilled Applesauce            Warm Corn Bread            Oatmeal Raisin Cookie</p> <p><b>AW Healthcare is back!</b>  <b>Topic: “Be Awake to Healthy Aging”</b>  <b>6-6:30pm</b></p>
<p><b>Wednesday, October 26</b>            Minestrone Soup            Italian Salad            Cheese Pizza            Strawberry Cup            Vanilla Ice Cream</p> <p><b>Guest Speaker Jeanne Rosen is back for an  Art Presentation &amp; Discussion of “Chaim Soutine:  A painter from Smilavichy”.</b>  <b>6-6:30pm</b></p>
<p><b>Thursday, October 27</b>  <b>Birthday Party</b>            Seasoned Turkey Burgers            Tabouleh            Marinated Cherry Tomatoes/Black Olives            Pita Bread            Sprinkle Cake</p> <p><b>Music Entertainment by</b>  <b>Willow Brook Children’s Group</b>  <b>6-6:45pm</b></p> 
<p><b>Friday, October 28</b>  <b>Shabbat Dinner</b>            Chicken Noodle Soup            Apricot Chicken            Homemade Mashed Potatoes            Country Green Beans            Challah            Angel Food Cake</p>