

Week of November 28-30

Monday, November 28

Lemon Tilapia
Orzo Pilaf
Broccoli, Cauliflower, Carrots
Greek Salad
Garlic Bread Stick
Pear Spice Cake

Tuesday, November 29

Chili/Chili Mac
Garden Salad
Crisp lettuce, tomatoes, cucumbers
Chilled Applesauce
Corn Bread
Oatmeal Raisin Cookie

Wednesday, November 30

Seasoned Turkey Burgers
Tabouleh
Bulger wheat salad w/lemon, olive oil
Marinated Cherry Tomatoes/Black Olives
Roasted Pepper Hummus
Pita Bread
Fresh Red Grapes

Name That Tune with Brittany. Prizes!!
6-6:30pm



Dear Diners,

Make November, as bright as the sun, as colorful as a rainbow, as lovely as flowers, as happy as birds. Enjoy the month to its fullest extent!

We'll begin by welcoming back the **Merle Scheff School of Dance** on **Thursday, November 3 at 6pm.**

On **November 9 at 6pm, Home Watch Caregivers** will be back to host their second round of Bingo. Refreshments and prizes will be provided by Home Watch Caregivers Group. Don't miss this fun opportunity!

This month, we are celebrating birthdays early. Join us on **Thursday, November 10** to celebrate all the **November Birthdays!** After dinner, there will be music entertainment by **Marvin Cohen at 6pm.**

The following week, Covenant Place is hosting the **Folk Songs Concert** by the **Robert Denison Group** on **Wednesday November 16**, and Kitchen J is welcoming back, **AW Healthcare** on **Thursday, November 17** at 6pm to discuss **"We Care About You."** Fresh fruit and attendance prizes will be provided by AW Healthcare.

After dinner on **Tuesday, November 22** we'll celebrate **Thanksgiving.** Musical entertainment will be performed by the **July Sisters at 6pm.**

On **Wednesday, November 30 at 6pm**, we will end the month with **Name that Tune Trivia.** Join us after dinner and play – and maybe even win a prize!

Reminders – there will be no meal service on November 24 & 25 due to the Thanksgiving holiday.

Looking forward to another fun month with you all!

Sincerely,
Brittany Fischer
Coordinator of Senior Programs
314.442.3149



Coming in December

December

- 8** Line Dancing Part I with Nigeria
- 13** Willow Brook Children's Group
- 14** Covenant Place Holiday Concert
- 15** AW Healthcare "Sleep Smart"
- 22** December Birthday Celebration
Line Dancing Part II with Nigeria
- 27** Hanukah Show by Joyce and Murray Hochberg

Состоится в Декабре

- 8** Танцы часть первая с Найжерия
- 13** Willow Brook Детская Группа
- 14** Праздничный Концерт Ковенант Плейс
- 15** AW представляет "Спите с умом"
- 22** часть вторая, Танцы с Найжерия и Празднование Дней Рождения
- 27** Ханукаш шоу с Джойс и Мюррей Хочберг



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**
November 2016



Dinner Served: 5pm
Monday – Thursday

Special Friday Shabbat Dinner: 5pm

Reservations Required

Please call one day in advance.
RESERVATION LINE: 314.442.3149
OR: 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.



Week of November 1-4



Tuesday, November 1
BBQ Burger on Multigrain Bun
Sweet Potato Wedges
Three Bean Salad
Applesauce
Graham Crackers

Wednesday, November 2
Sweet & Sour Chicken
Fried Rice w/Chow Mein Noodles
Stir Fry Vegetables
Asian Salad
Fresh Orange Slices
Almond Cake

Thursday, November 3
Homemade Lentil Soup
Grilled Knockwurst
On Hot Dog Bun
Red Potato Salad
Bavarian Coleslaw
Baked Apple Dessert

Welcome back Merle Scheff School of Dance!
6-6:45pm

Friday, November 4
Shabbat Dinner
Roast Beef/Gravy
Kasha and Bowties
Roasted Vegetables
Zucchini, yellow squash, red pepper
Marinated Cucumbers and Tomatoes
Challah
Peaches w/Whipped Topping

Week of November 7-11

Monday, November 7
Tomato Basil Soup
Vegetable Quiche
Hash Brown Potatoes
Fresh Fruit Salad
Oranges, apples, cranberries
Hot Biscuit

Tuesday, November 8
Rigatoni & Meatballs
Cauliflower, Peas, Red Pepper
Caesar Salad
Garlic French Bread
Chilled Pear Slices w/Red Gelatin

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

Wednesday, November 9
Cream of Vegetable Soup
Julie’s Tuna Salad on Tzitzel Bagel
Lettuce, Roma Tomatoes, Sweet Pickles
Homemade Peach Crisp

Bingo Night!
Home Watch Caregivers Volunteer
group will host Bingo.
Ice cream treats will be provided for
those who stay and play.
6-6:45pm

Thursday, November 10
Birthday Party!
Hearty Beef Stew
Sweet Corn
Garden Salad w/
Homemade Croutons
Marble Rye Bread
Warm Apple Crumb Pie

Happy Birthday!
Let’s celebrate and enjoy music by Marvin Cohen.
6-6:45pm



Friday, November 11
Shabbat Dinner
Chicken Noodle Soup
Roast Chicken/Mushroom Gravy
Green Bean Medley
Marinated Vegetable Salad
Marinated cucumbers, tomatoes, carrots, red onion, black olives
Challah
Apricots w/Whipped Topping

Week of November 14-18

Monday, November 14
Chef Salad
Crisp greens, tomato, carrots, cucumber, egg
Baked Potato w/
Vegetarian Chili
Shredded Cheese/Sour Cream
Soft Wheat Roll
Saltine Crackers
Vanilla/Chocolate Pudding

Tuesday, November 15
Chicken Pot Pie
w/Mixed Vegetables
& Puff Pastry Top
Green Salad
Leafy greens w/mandarin oranges, almonds
Lemon Coconut Cake

Wednesday, November 16
Teriyaki Salmon Filet
Sesame Noodles
Green Beans w/Water Chestnuts
Cucumber Salad
Mandarin Orange/Pineapple Tidbits
Almond Cookie

Covenant Place Program
Folks Song Concert by Robert Denison Group
6:00pm

Thursday, November 17
Homemade Hamburger on Multigrain Bun
Corn on the Cob
Lettuce, Tomato Slices
Kosher Dill Pickle Spear
Creamy Coleslaw
Chocolate Mousse

AW Healthcare will present
“We Care About You”
6-6:30pm

Friday, November 18
Shabbat Dinner
Chicken Rice Soup
BBQ Chicken
Mashed Sweet Potatoes
Pickled Beets
Challah
Tropical Fruit

Week of November 21-25

Monday, November 21
Tuscan Bean and Barley Soup
Smoked Turkey on Marble Rye
Deli Slaw
Sweet Gherkin Pickle
Fresh Red Grapes

Tuesday, November 22
Thanksgiving Dinner
Roast Turkey
Homemade Mashed Potatoes
Savory Bread Stuffing
Creamed Spinach or Green Beans
Pumpkin Pie w/Whipped Topping
Soft Wheat Roll

Thanksgiving Celebration
Celebrate and dance to music by The July Sisters!
6-6:45pm

Wednesday, November 23
Creamy Tomato Soup
Fresh Salmon Patty
Delicious! Made w/flaked fresh salmon
Macaroni and Cheese
Seasoned Broccoli or Peas
Soft Wheat Roll
Fruit & Yogurt Parfait

Thursday, November 24

Thanksgiving Holiday
No Meal Service

Friday, November 25

Thanksgiving Holiday
No Meal Service