

Week of December 26-30

Monday, December 26

Tuscan Bean and Barley Soup
Smoked Turkey on Marble Rye
Deli Slaw
Sweet Gherkin Pickles
Fresh Red Grapes

Tuesday, December 27

Hanukkah Celebration

Apricot Chicken
Latkes/Applesauce
Roasted Green Beans
Salad Greens w/Apples, Cranberries, Pecans
Herbed Focaccia Bread
Rugelach/Holiday Cookies

Hanukkah Entertainment by the Hochbergs
Enjoy holiday music!
6pm

Wednesday, December 28

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

Thursday, December 29

Sloppy Joes on Deli Bun
White & Sweet Potato Wedges
Cucumber Tomato Salad
Kosher Dill Pickle Spear
Warm Homemade Peach Crisp

Movie Night: The Monuments Men
Hot Chocolate will be served, don't miss out!
6pm

Friday, December 30

Shabbat Dinner
Baked Meatloaf/Gravy
Barley Vegetable Casserole
Green Salad w/Beets/Almonds
Challah
Pineapple Cake

Dear Diners,

Shalom!

It's already December and the new year is just around the corner. But before we get there, we should step back and enjoy all December has to offer. It's the month of cakes and candles, snow and songs, carols and joys and laughter and love!

As I'm sure you know, we will get to celebrate many holidays this month Whether you celebrate Hanukkah, Christmas, Kwanzaa or something else, we wish you a very happy holiday season. Make sure to reach out to friends and family and wish them all the best. You'd be amazed at how wonderful and easy it can be to spread happiness and joy just by saying hello to someone.

And while winter technically begins on December 21, we all know the weather has already started to get cold. Make sure to button up and remember those coats if you have to head outside.

Did you know these things happened in December? Walt Disney was born on December 5. Wilbur and Orville Wright made their first powered airplane flight on December 17 in 1903! And the first animated movie (cartoon) premiered on December 21, 1937 –it was "Snow White and the Seven Dwarfs."

Our annual **Hanukkah Celebration** occurs on **December 27** with a special evening of musical entertainment by Joyce and Murray Hochberg (made possible by the Rebecca Liverant Memorial Grant). The Hochbergs are a welcome and traditional part of our annual holiday celebration.

And here's a little poem as we get ready to celebrate the end of 2016 and welcome 2017.

Goodbye 2016

Good bye good bye,
Our year is done,
We worked we played we had some fun,
So let's be happy and safe and kind,
As we welcome another one.
Happy 2017!
- Anonymous

And remember, we want to see you in the dining room all month long enjoying our delicious kosher meals and fun and entertaining after-dinner programs. You can see all the great things we have planned in detail on the menu.

Happy Holidays & Stay Warm!
Brittany Fischer
Coordinator of Senior Programs
314.442.3149







Coming in January

- 4 Russian New Year Celebration
- 5 Trivia with Brittany
- 19 AW Healthcare
- 25 Chinese New Year Celebration
- 26 Birthday Party

Состоится в Январе

- 4 Января Празднование Русского Нового Года
- 5 Января Викторина с Британи
- 19 Января AW Представляет
- 25 Января Празднование Китайского Нового Года
- 26 Января Празднование Январских Дней Рождений

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**
December 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.

jccstl.org



Week of December 1-2



Thursday, December 1

Minestrone Soup
Italian Salad
Cheese Pizza
Strawberry Cup w/Whipped Topping
Vanilla Ice Cream

Name That Tune with Brittany
6-6:30pm

!

Friday, December 2
Shabbat Dinner
Chicken Noodle Soup
Apricot Chicken
Tender chicken baked w/sweet apricot sauce
Homemade Mashed Potatoes
Country Green Beans
Challah
Angel Food Cake

Week of December 5-9

Monday December 5
Tuna Noodle Casserole
Chef Salad
Crisp greens w/tomato, carrots, cucumbers, egg
Peas and Carrots
Warm French Bread
Double Chocolate Brownies

Tuesday December 6
BBQ Burger on Deli Roll
Sweet Potato Wedges
Three Bean Salad
Applesauce
Graham Crackers

White Elephant Bingo
6-6:45pm

!

Wednesday December 7
Sweet & Sour Chicken
Fried Rice w/Chow Mein Noodles
Stir Fry Vegetables
Asian Salad
Fresh Orange Slices
Almond Cake

Thursday December 8
Homemade Lentil Soup
Grilled Knockwurst
On Hot Dog Bun
Red Potato Salad
Baked Apple Dessert

Line Dancing with Nigeria Part I
6-6:30pm

!

Friday, December 9
Shabbat Dinner
Roast Beef/Gravy
Kasha and Bowties
Roasted Vegetables
Zucchini, yellow squash, red pepper
Fresh Cucumbers & Tomatoes
Challah
Peaches w/Whipped Topping

Week of December 12-16

Monday, December 12
Tomato Basil Soup
Vegetable Quiche
Hash Brown Potatoes
Fresh Fruit Salad
Hot Fluffy Biscuit

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

!

Tuesday, December 13
Rigatoni & Meatballs
Cauliflower, Peas, Red Pepper
Caesar Salad
Iceberg & romaine w/non-dairy Caesar dressing
Garlic French Bread
Chilled Pear Slices

Willows Brook is back for a Holiday Concert!
Welcome the children!
6-6:45pm

!

Wednesday, December 14
Hearty Beef Stew
Sweet Corn
Garden Salad w/
Homemade Croutons
Marble Rye Bread
Warm Apple Crumb Pie

Covenant Place Holiday Concert
6pm

!

Thursday, December 15
Cream of Vegetable Soup
Julie's Tuna Salad on Tzitel Bagel
Lettuce, Roma Tomatoes, Sweet Pickles
Homemade Peach Crisp

AW Healthcare will educate us on "Sleep Smart!"
6-6:30pm

!

Friday, December 16
Shabbat Dinner
Chicken Noodle Soup
Roast Chicken/Mushroom Gravy
Green Bean Medley
Mediterranean Vegetable Salad
Thinly sliced cucumbers, tomatoes, carrots, red onion, black olives
Challah
Apricots w/Whipped Topping

Week of December 19-23

Monday, December 19
Chef Salad
Crisp greens w/tomato, carrots, cucumbers, egg
Fluffy Baked Potato w/
Vegetarian Chili
Shredded Cheese
Sour Cream
Soft Wheat Roll
Vanilla/Chocolate Pudding

Tuesday, December 20
Chicken Pot Pie
w/ Mixed Vegetables
& Puff Pastry Top
Green Salad
Leafy greens w/mandarin oranges, almonds
Lemon Coconut Cake

Magic Show by Fun Times Production
6-6:45pm

!

Wednesday, December 21
Teriyaki Glazed Salmon Filet
Sesame Noodles
Green Beans w/Water Chestnuts
Cucumber Salad
Mandarin Oranges/Pineapple Tidbits
Almond Cookie

Thursday, December 22
Birthday Party!
Homemade Hamburger on Deli Roll
Corn on the Cob
Lettuce, Tomato Slices
Kosher Dill Pickle Spear
Creamy Coleslaw
Birthday Brownie Parfait

Birthday Celebration
Let's dance to western music and celebrate!
Line Dancing Part II with Nigeria
6-6:30pm

Friday, December 23
Shabbat Dinner
Chicken Rice Soup
BBQ Chicken
Mashed Sweet Potatoes
Pickled Beets
Challah
Tropical Fruit