

Week of January 30-31

Monday, January 30

Lentil Soup
Knockwurst on Deli Roll
German Potato Salad
Apple Cranberry Crisp

Tuesday, January 31 Birthday Party!

Tuscan Bean and Barley Soup
Grilled Chicken Caesar Wrap
*Chicken breast strips with lettuce,
cherry tomatoes, Caesar dressing*
Winter Fruit Salad
Mandarin oranges, pineapple, bananas
Strawberry Angel Food Muffin



Happy Birthday!
Sing along with pianist Robert Callmeyer!
Listen to upbeat fun oldies and sign along with
our printed lyrics. Requests are welcome!
6-6:30pm

Dear Diners,
Shalom! Happy New Year!

January is here, the New Year is here, and we hope everyone is staying warm!

Did you know that January is National Thank You month? Let this fun fact remind us to be thankful and grateful for what we receive in our daily lives.

"Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary."

- Margaret Cousins

New Year Poem

What can be said in New Year rhymes,
That's not been said a thousand times?
The new years come, the old years go,
We know we dream, we dream we know.
We rise up laughing with the light,
We lie down weeping with the night.
We hug the world until it stings,
We curse it then and sigh for wings.
We live, we love, we woo, we wed,
We wreath our prides, we sheet our dead.
We laugh, we weep, we hope, we fear,
And that's the burden of a year."

- Ella Wheeler Wilcox

Remember, we have lots of fun programs and celebrations to look forward to this month. Make sure to join us for our delicious kosher meals, and our after-dinner events throughout the month! You can see the programs we have planned in detail on the menu.

Looking forward to enjoying another great month!

Brittany Fischer
Coordinator of Senior Programs
314.442.3149



Coming in February

- 8, 15, 22 Trivia Wednesday
- 14 Red and White Day
- 16 AW Healthcare "Heart Healthy Living"
- 20 Presidents Day Name that Tune, Patriotic Songs
- 28 Mardi Gras Celebration Music Entertainment by Stacey

Состоится в Феврале

- 8, 15, 22 Февраля, Викторина
- 14 Февраля Красно-Белый День
- 16 Февраля AW "Поддерживаем Здоровое Сердце"
- 20 Февраля День Президента, Патриотические Песни
- 28 Февраля Празднование Марди Гра Музыкальное Представление от Стейси



Menus reflect MEAAA requirements which follow key recommendations from the Dietary Guidelines for Americans.

Kosher meals, Vaad Hoeir 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**

January 2017



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 January 2-6	
Monday, January 2	Tuna Noodle Casserole Chef Salad <i>Crisp greens w/tomato, carrots, cucumbers, egg</i> Peas and Carrots Soft Wheat Dinner Roll Double Chocolate Brownies
Tuesday, January 3	Honey Glazed Chicken Drum Sticks Orzo Pilaf Sugar Snap Peas Creamy Dill Cucumbers Garlic Bread Tropical Fruit Ambrosia
Wednesday, January 4 Russian New Year	Stuffed Cabbage Salad Olivier <i>Delicious traditional potato salad</i> Pickled Beets and Onion Salad Marble Rye Bread Poppy Seed Cake Russian New Year Celebration! Musical Entertainment by Issac Lifits. 6-7pm
Thursday, January 5	Chicken Cacciatore over Spaghetti Mediterranean Bean Salad <i>Mixed salad greens, white and green beans, red onion</i> Herb Focaccia Bread Chilled Pear Slices <i>Topped with almond streusel</i> “Saint Teresa of Calcutta” Presentation by Lutheran Senior Services Hear about the life and legacy of St. Teresa, including her struggles and faithful service to the poor. 6-6:45pm
Friday, January 6 Shabbat Dinner	Braised Beef Homemade Mashed Potatoes Seasoned Baby Carrots Challah Pineapple Banana Cake

Week of January 9-13	
Monday, January 9	Split Pea Soup Hot Smoked Turkey on Sour Dough Roll Deli Slaw Roma Tomato Slices Kosher Dill Pickle Spear Peach Crisp Support Council & Menu Meeting Everyone is Welcome! Friendship Room 2:30-4pm
Tuesday, January 10	Chicken Lo Mein <i>Chicken breast, vegetables, noodles, flavorful teriyaki sauce</i> Stir Fry Vegetables Asian Cucumber Salad Chow Mein Noodles Fresh Orange Wedges
Wednesday, January 11	Tilapia Amandine Herbed Grains <i>Brown rice, couscous, quinoa, spinach, carrots, red pepper</i> Seasoned Cauliflower Garden Salad Garlic Crostini Angel Food Cake w/Tropical Fruit Comedy Night We'll get you laughing with some great hockey bloopers! 6-6:30pm
Thursday, January 12	Mini Burgers on Slider Buns Seasoned Potato Wedges Lettuce, Tomato, Red Onion Kosher Dill Pickle Spear Fresh Banana Trivia Night! 6-6:30pm
Friday, January 13 Shabbat Dinner	Chicken Noodle Soup BBQ Chicken Baked Sweet Potato Country Green Beans Challah Mixed Fruit w/Whipped Topping

Week of January 16-20	
Monday, January 16	Roast Salmon Filet Braised Potatoes and Mushrooms Seasoned Spinach or Green Beans Garlic Bread Peach Yogurt Parfait
Tuesday, January 17	Italian Beef Herbed Fettucine Seasoned Baby Carrots Salad Greens w/Red Onion, Kosher Pickle Marble Rye Bread Fresh Red Grapes
Wednesday, January 18	Baked Potato Soup Soft Pretzel Sticks Mediterranean Chicken Chef Salad <i>Mixed salad greens, fresh pears, bell pepper, craisins, almonds</i> Whole Wheat Crostini Almond Cookie Movie Night! Enjoy popcorn and the movie, Jerry Maguire 6pm
Thursday, January 19	Chili/Chili Dog Corn on the Cob Creamy Coleslaw Apple Crisp AW Healthcare “Don’t Stumble and Fall” Attendance prize and fresh fruit provided by AW Healthcare. 5:30-6:30pm
Friday, January 20 Shabbat Dinner	Baked Meatloaf/Gravy Barley Vegetable Cass. Mandarin Oranges Salad <i>Mixed salad greens, mandarin oranges, red onion</i> Challah Pound Cake w/Apricots & Topping

Week of January 23-27	
Monday, January 23	Creamy Tomato Soup Stir Fry Egg Casserole <i>Colorful, tasty blend of eggs, rice, smoked turkey, spinach</i> Peas Honeydew, Red Grapes, Kiwi Soft Wheat Dinner Roll
Tuesday, January 24	Hearty Beef Stew Sweet Corn Garden Salad w/ Homemade Croutons French Bread Warm Apple Streusel
Wednesday, January 25	BBQ Burger w/Grilled Onions and Peppers Sweet Potato Wedges Three Bean Salad Red Gelatin w/Pear & Topping White Elephant Bingo Night Free to play & prizes awarded! 6-6:30pm
Thursday, January 26 Chinese New Year	Stir Fry Chicken and Vegetables Steamed Brown Rice Asian Salad Egg Rolls Fresh Orange Wedges Almond Cake Chinese New Year! Come celebrate! Dance Entertainment by Chubao Hong 6-6:30pm
Friday, January 27 Shabbat Dinner	Chicken Vegetable Soup Roast Chicken w/Mushroom Gravy Kasha and Bowties Pickled Beets Challah Angel Food Cake w/Apricots