

Week of March 27-31

Monday, March 27

Roast Salmon Filet
Orzo Pilaf
Seasoned Spinach or Green Beans
Pickled Beets
Soft Wheat Dinner Roll
Peach Yogurt Parfait

Tuesday, March 28

Roasted Corn Chowder
Soft Pretzel Sticks
Mediterranean Chicken Chef Salad
Mixed salad greens, fresh pears, bell pepper, raisins, almonds
Whole Wheat Crostini
Almond Cookie

Wednesday, March 29

Chili/Chili Dog
Corn on the Cob
Creamy Coleslaw
Baked Apple Crisp

Thursday, March 30

Birthday Celebration!

Italian Roast Beef
Slow roasted, thinly sliced in au jus
Herbed Fettucine
Seasoned Baby Carrots
Tomato Slices w/Red Onion, Kosher Pickle
Marble Rye Bread
Rainbow Sprinkle Birthday Cake



Happy Birthday to all!
Join us after dinner and celebrate
with Bryan Foggs.
6-7pm

Friday, March 31

Shabbat Dinner

BBQ Meatloaf & Gravy
Baked Potato
Fresh Greens and Beets Salad
Mixed salad greens, beets, sliced almonds
Challah
Apricot Angel Food Cake

Dear Diners,

March is here already! I hope everyone is doing well and staying healthy!

Five Facts about March (according to Readers Digest)

1. It's March—Happy New Year, ancient Romans!
2. It's the best month for basketball (but worst for productivity)
3. March was named for war—and lives up to its title
4. March 13: Daylight saving time begins
5. March 20: The sun shines on the equator for the Vernal Equinox, giving us a near 50-50 split of day and night.

Spring

by Alex Robinson

The rain passes through
Coming down in a pitter-patter as
It's slender wet feet plant themselves
Into the ground
With green grass and trees
Blooming in their wake
It's just the third month
But the year, newly born, has found its legs
And is marching in.

Remember, we have lots of fun programs and celebrations this month! Join us for our delicious kosher meals, and our after-dinner events all month! You can see the programs we have planned in detail on the menu.

I look forward to seeing you all for another great month!

Brittany Fischer
Coordinator of Senior Programs
314.442.3149



We will be participating in the national Shabbat Across America program on March 3. Through the National Jewish Outreach Program, we will be uniting with groups all over the United States to observe Shabbat.



Coming in April

- 6 Movie Night and Treat "Singing in the Rain" starring Debbie Reynolds
- 12 Laugh Out Loud "Funniest Commercials of all Time"
- 13 AW Healthcare
- 19 Birthday Celebration
- 26 White Elephant Bingo

Состоится в Апреле

- 6 Кино и Угощение, "Поющие во время Дождя" Дебби Рейнольдс в главной роли
- 12 Смеёмся Вслух "Самая смешная Реклама всех Времен"
- 13 Представляет AW
- 19 Празднование Дней Рождения
- 26 Большое Бинго



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

Kosher meals, Vaad Hoir 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**
March 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 March 1-3

Celebrating the Chinese New Year



Wednesday, March 1

Panko Crusted Tilapia
Macaroni and Cheese
Broccoli or Sliced Carrots
Zucchini Salad
Strawberry Pudding w/Granola Topping

Thursday, March 2

BBQ Burger w/Grilled Onions and Peppers
Sweet Potato Wedges
Three Bean Salad
Red Gelatin w/Whipped Topping



Join us after dinner and test your knowledge!
True or False Game, winner gets a prize!
6-6:30pm

Friday, March 3

Shabbat Dinner
Shabbat Across America
Chicken Vegetable Soup
Roast Chicken w/Mushroom Gravy
Kasha and Bowties
Pickled Beets
Challah
Angel Food Cake w/Apricot Peach Topping

Week of March 6-10

Monday, March 6

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

Special Performances-Ballroom, Latin,
Swing Dancing Junior Show Dancers and
Professionals-Michael & Lucy Fitzgerald
Just Dance West County Studio
6-6:30pm

Tuesday, March 7

Tuscan Bean and Barley Soup
Grilled Chicken Caesar Wrap
Chicken breast strips with lettuce, cherry tomatoes,
Caesar dressing in a soft wrap
Winter Fruit Salad
Mandarin oranges, pineapple, bananas
Sugar Cookie

Wednesday, March 8

International Women's Day Celebration
Inspiring Speeches and Poems
4:15-4:45pm

Beef Goulash
Egg Noodles
Lemon Garlic Green Beans
Creamy Broccoli & Cauliflower Salad
Marble Rye Bread
Baked Apple

Women's International Day Celebration
Music Entertainment by Pappa Wright
6-6:30pm

Thursday, March 9

Mostaccioli w/Meat Sauce
Italian Salad
Seasoned Cauliflower
Warm Garlic Bread
Fresh Red Grapes



Friday, March 10
Shabbat Dinner

Chicken Rice Soup
Oven Fried Chicken
Mashed Sweet Potatoes
Mediterranean Vegetable Salad
Diced red pepper, thinly sliced cucumber, red onion,
golden dressing
Challah
Peach Slices w/Whipped Topping



Week of March 13-17

Monday, March 13

Purim Celebration
Roast Turkey and Gravy
Whole Wheat Bread Stuffing
Roasted Vegetables
Green Salad w/Cranberries, Apples, Pecans
Hamenstaschen

King and Queen Crowning
5:15 pm

Tuesday, March 14

Minestrone Soup
Tuna Salad on Croissant
Fresh Apples and Grapes
Lettuce, Roma Tomatoes, Sweet Pickles
Double Chocolate Brownies

Wednesday, March 15

Vegetable Cous Cous Soup
Thin Crust Cheese Pizza
Chef Salad
Salad greens, tomato wedges, cucumbers, carrots
Strawberry Ice Cream Sundae

Learn about free eResources
Guest Speaker: Alanna Sablotny from the
St. Louis County Library
If you love to read, then don't miss
this presentation!
6-6:40pm

Thursday, March 16

Chicken Cacciatore over
Thin Spaghetti
Mediterranean Bean Salad
Mixed salad greens, white and green beans, red onion
Herb Focaccia Bread
Chilled Pear Slices
Topped with almond streusel

Green Day Celebration
Show your spirit and wear Green!
Join us for trivia, and a chance to win a prize.
6-6:30pm

Friday, March 17
Shabbat Dinner

Braised Beef
Tender beef, slow simmered, in flavorful gravy
Homemade Mashed Potatoes
Seasoned Baby Carrots
Challah
Pineapple Banana Cake

Week of March 20-24

Monday, March 20

Homemade Split Pea Soup
Hot Smoked Turkey on Sour Dough Bun
Deli Slaw
Lettuce, Tomato, Kosher Dill Pickle Spear
Peach Crisp

Tuesday, March 21

Chicken Lo Mein
Chicken breast, vegetables, noodles, flavorful
teriyaki sauce
Stir Fry Vegetables
Asian Cucumber Salad
Chow Mein Noodles
Fresh Orange Wedges

Wednesday, March 22

Tilapia Amandine
Herbed Grains
Brown rice, couscous, quinoa, spinach, carrots, red
pepper
Seasoned Cauliflower
Garden Salad w/Garlic Crostini
Salad greens, tomatoes, zucchini
Pound Cake w/Tropical Fruit

Game Night! Join us after dinner and
let's play games!
6-6:45pm

Thursday, March 23

Mini Burgers on
Slider Buns
Seasoned Potato Wedges
Lettuce, Tomato, Red Onion
Kosher Dill Pickle Spear
Fresh Banana

AW Healthcare is back!
The Ups and Downs of Blood Pressure
Fresh fruit will be provided by AW Healthcare
5:45-6:30pm

Friday, March 24
Shabbat Dinner

Chicken Noodle Soup
BBQ Chicken
Baked Sweet Potato
Country Green Beans
Challah
Mixed Fruit w/Whipped Topping