Week of May 29-31

Monday, May 29 Memorial Day

No Meal Service

Tuesday, May 30Memorial Day Picnic

BBQ Beef on Bun Red Potato Salad Vinaigrette Slaw Strawberry Blueberry Shortcake

> Memorial Day Patriotic Bingo! Includes Prizes! 6-6:30pm

Wednesday, May 31

Garden Vegetable Noodle Soup Spring Salmon Salad Chilled salmon filet, mixed greens, cucumbers, oranges, Asian dressing Whole Wheat Dinner Roll Honeydew/Kiwi

Passover with Kitchen J









Dear Diners.

Shalom! May is already here! This month, we are kicking off the month with three great celebrations!

On May 2, we will celebrate Yom Ha'atzmaut (Israeli Independence Day). This marks the Declaration of Independence and the establishment of the State of Israel in Tel Aviv on May 14, 1948. Yom Ha'atzmaut is preceded by Yom Hazikaron, which is Israel's Day of Remembrance for fallen soldiers and victims of terrorism. The message of linking these two days is clear: Israelis owe their independence — the very existence of the state — to the soldiers who sacrificed their lives for it.

On **May 4**, we will celebrate **Cinco de Mayo**. Why? Cinco de Mayo is observed to commemorate the Mexican army's unlikely victory over French forces on May 5, 1862. In the U.S. the date has become associated with celebrating Mexican-American culture. Mexico declared its independence from mother Spain on midnight, the 15th of September, 1810.

Mother's Day will be our focus on May 10. Join us from 4-4:45pm for our Mother's Day Fashion Show by The Resale Shop – a charitable project of the National Council of Jewish Women-St. Louis Selection. We'll welcome Peggy Levin to emcee this fun event before dinner. A group of ladies will model the top brands! You don't want to miss it! The Fashion Show will start promptly at 4pm.

"A Mother is a Person who, seeing there are only four pieces of pie for five people, Promptly announces she never did care for pie" - Anonymous

Remember, we have lots of fun programs and celebrations coming up. Make sure to join us for our delicious kosher meals, and our after-dinner events all month!

Look for more program details throughout the menu.

Brittany Fischer Coordinator of Senior Programs 314.442.3149



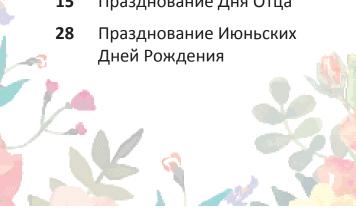


Coming in June

- 1 Trivia Thursday
- **14** AW Healthcare "Skinny on Skin Care"
- **15** Father's Day Celebration
- 28 June Birthday Party Celebration

Состоится в Июне

- 1 Викторина Четверга
- **14** AW , "Уход за кожей"
- 15 Празднование Дня Отца











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 k tchen j May 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.



Week of May 1-5

Monday, May 1

Baked Lemon Tilapia Sweet Noodle Kugel Mixed Vegetables Green Salad w/Red Grapes & Oranges Soft Wheat Dinner Roll Peach Vanilla Pudding

Tuesday, May 2 Israeli Independence Day

Hummus Appetizer Lemon Garlic Chicken Baked Potato Israeli Salad Fresh Baked Apricot Cake

Israel Independence Day Celebration
Israel Documentary provided by Yael Treger
6-6:40pm

Wednesday, May 3

Shepherd's Pie
Ground beef, vegetables in flavorful gravy, topped
w/fluffy mashed potatoes
Roasted Green Beans
Soft Wheat Dinner Roll
Banana Parfait

Graham Crackers

Thursday, May 4

Chicken Fajitas/Soft Flour Tortilla Black Bean Salad Shredded Lettuce/Diced Tomatoes Strawberries, Peaches, Kiwi Cinnamon Sugar Cookie

Cinco de Mayo Celebration

Dance performance by St. Cecilla Parish

6-6:30pm

Friday, May 5 Shabbat Dinner

Chicken Noodle Soup BBQ Beef Corn on the Cob Pickled Beets Challah Watermelon

Week of May 8-12

Monday, May 8

Baked Tilapia w/Creole Sauce Herbed Bowtie Pasta Roasted Carrots Soft Wheat Dinner Roll Tropical Fruit

Support Council Meeting 2:30-3:30pm

Kitchen J Menu Meeting
Meal suggestions & Menu questions/concerns
3:30-4:30pm
Everyone is welcome!

Tuesday, May 9

Open Faced BBQ Burger on Texas Toast Grilled Onions and Peppers Baked Potato Fresh Banana

Wednesday, May 10 Mother's Day Celebration

Vegetable Cous Cous Soup Apple Pecan Chicken Salad Fresh Cantaloupe Wedges Chilled Red Grapes Assorted Breads Strawberry Angel Food Muffin



Please arrive in the dining hall between 3:45-4pm to get a seat

Thursday, May 11

Southwest Vegetable Soup w/Cornbread Croutons Vegetable Quiche Peaches & Cottage Cheese Oatmeal Raisin Cookie

Art Presentation by Jeanne Rosen Topic: Memorial Presbyterian Church 6-6:30pm

Friday, May 12 Shabbat Dinner

Chicken Noodle Soup Oven Fried Chicken Mashed Sweet Potatoes Green Bean Medley Challah Honeydew & Blueberries

Week of May 15-19

Monday, May 15

Fried Rice Oriental Vegetables Asian Salad Chow Mein Noodles Fresh Orange Wedges

Teriyaki Glazed Salmon

Tuesday, May 16

Beef Goulash
Egg Noodles
Baby Lima Beans
Cauliflower Cherry Tomato Salad
Soft Wheat Dinner Roll
Chilled Peaches & Topping

Wednesday, May 17

Tuscan Rice Soup
Veggie Pizza
Creamy mozzarella, fresh diced tomatoes, bell
peppers, zucchini
Italian Chef Salad
Vanilla & Chocolate Pudding

Thursday, May 18

Grilled Knockwurst on Deli Bun Baked Beans Bavarian Slaw Apple Crisp

AW Healthcare is back!
Fresh fruit and attendance gift card is provided.
Topic: Breathe Easy
5:45-6:30pm

Friday, May 19 Shabbat Dinner

Chicken Vegetable Soup Orange Glazed Chicken Herbed Grains Sugar Snap Peas Challah Tropical Fruit Angel Food Cake

Week of May 22-26

Monday, May 22

Summer Squash & Corn Soup Mini Pretzel Stick Chicken Cobb Salad Herbed Crostini Mixed Fruit Parfait

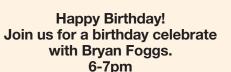
Tuesday, May 23

BBQ Meatloaf
Baked Sweet Potato
Green Salad w/Strawberries & Almonds
Salad Crackers
Soft Wheat Dinner Roll
Oatmeal Cookies

Don't miss it! Merle Scheff Dance School is back for another wonderful performance! 6-6:40pm

Wednesday, May 24 Birthday Party

Spring Minestrone Soup Tuna Salad on Croissant Fresh Apples & Grapes Lettuce, Tomatoes, Sweet Pickles Strawberry Cake & Ice Cream



Thursday, May 25

Italian Beef
Herbed Fettucine
Spinach or Seasoned Carrots
Cherry Tomatoes & Olive Salad
Marble Rye Bread
Peach Crisp

Friday, May 26 Shabbat Dinner

Chicken Rice Soup Oven Fried Chicken Mashed Potatoes & Gravy Country Green Beans Challah Chilled Apricots & Topping