

## Week of May 29-31

**Monday, May 29**  
**Memorial Day**

**No Meal Service**

**Tuesday, May 30**  
**Memorial 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
- 28** Празднование Июньских Дней Рождения



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**  
**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](mailto: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
<b>Monday, May 1</b> Baked Lemon Tilapia Sweet Noodle Kugel Mixed Vegetables Green Salad w/Red Grapes & Oranges Soft Wheat Dinner Roll Peach Vanilla Pudding
<b>Tuesday, May 2</b> <b>Israeli Independence Day</b> Hummus Appetizer Lemon Garlic Chicken Baked Potato Israeli Salad Fresh Baked Apricot Cake  <b>Israel Independence Day Celebration</b> <b>Israel Documentary provided by Yael Treger</b> <b>6-6:40pm</b>
<b>Wednesday, May 3</b> Shepherd's Pie <i>Ground beef, vegetables in flavorful gravy, topped w/fluffy mashed potatoes</i> Roasted Green Beans Soft Wheat Dinner Roll Banana Parfait Graham Crackers
<b>Thursday, May 4</b> Chicken Fajitas/Soft Flour Tortilla Black Bean Salad Shredded Lettuce/Diced Tomatoes Strawberries, Peaches, Kiwi Cinnamon Sugar Cookie  <b>Cinco de Mayo Celebration</b> <b>Dance performance by St. Cecilla Parish</b> <b>6-6:30pm</b>
<b>Friday, May 5</b> <b>Shabbat Dinner</b> Chicken Noodle Soup BBQ Beef Corn on the Cob Pickled Beets Challah Watermelon

Week of May 8-12
<b>Monday, May 8</b> Baked Tilapia w/Creole Sauce Herbed Bowtie Pasta Roasted Carrots Soft Wheat Dinner Roll Tropical Fruit <b>Support Council Meeting</b> <b>2:30-3:30pm</b>  <b>Kitchen J Menu Meeting</b> <b>Meal suggestions &amp; Menu questions/concerns</b> <b>3:30-4:30pm</b> <b>Everyone is welcome!</b>
<b>Tuesday, May 9</b> Open Faced BBQ Burger on Texas Toast Grilled Onions and Peppers Baked Potato Fresh Banana
<b>Wednesday, May 10</b> <b>Mother's Day Celebration</b> Vegetable Cous Cous Soup Apple Pecan Chicken Salad Fresh Cantaloupe Wedges Chilled Red Grapes Assorted Breads Strawberry Angel Food Muffin   <b>Mother's Day Fashion Show</b> <b>4-4:45pm</b> <b>Please arrive in the dining hall between</b> <b>3:45-4pm to get a seat</b>
<b>Thursday, May 11</b> Southwest Vegetable Soup w/Cornbread Croutons Vegetable Quiche Peaches & Cottage Cheese Oatmeal Raisin Cookie  <b>Art Presentation by Jeanne Rosen</b> <b>Topic: Memorial Presbyterian Church</b> <b>6-6:30pm</b>
<b>Friday, May 12</b> <b>Shabbat Dinner</b> Chicken Noodle Soup Oven Fried Chicken Mashed Sweet Potatoes Green Bean Medley Challah Honeydew & Blueberries

Week of May 15-19
<b>Monday, May 15</b> Teriyaki Glazed Salmon Fried Rice Oriental Vegetables Asian Salad Chow Mein Noodles Fresh Orange Wedges
<b>Tuesday, May 16</b> Beef Goulash Egg Noodles Baby Lima Beans Cauliflower Cherry Tomato Salad Soft Wheat Dinner Roll Chilled Peaches & Topping
<b>Wednesday, May 17</b> Tuscan Rice Soup Veggie Pizza <i>Creamy mozzarella, fresh diced tomatoes, bell peppers, zucchini</i> Italian Chef Salad Vanilla & Chocolate Pudding
<b>Thursday, May 18</b> Grilled Knockwurst on Deli Bun Baked Beans Bavarian Slaw Apple Crisp  <b>AW Healthcare is back!</b> <b>Fresh fruit and attendance gift card is provided.</b> <b>Topic: Breathe Easy</b> <b>5:45-6:30pm</b>
<b>Friday, May 19</b> <b>Shabbat Dinner</b> Chicken Vegetable Soup Orange Glazed Chicken Herbed Grains Sugar Snap Peas Challah Tropical Fruit Angel Food Cake

Week of May 22-26
<b>Monday, May 22</b> Summer Squash & Corn Soup Mini Pretzel Stick Chicken Cobb Salad Herbed Crostini Mixed Fruit Parfait
<b>Tuesday, May 23</b> BBQ Meatloaf Baked Sweet Potato Green Salad w/Strawberries & Almonds Salad Crackers Soft Wheat Dinner Roll Oatmeal Cookies  <b>Don't miss it!</b> <b>Merle Scheff Dance School is back for another wonderful performance!</b> <b>6-6:40pm</b>
<b>Wednesday, May 24</b> <b>Birthday Party</b> Spring Minestrone Soup Tuna Salad on Croissant Fresh Apples & Grapes Lettuce, Tomatoes, Sweet Pickles Strawberry Cake & Ice Cream   <b>Happy Birthday!</b> <b>Join us for a birthday celebrate with Bryan Foggs.</b> <b>6-7pm</b>
<b>Thursday, May 25</b> Italian Beef Herbed Fettucine Spinach or Seasoned Carrots Cherry Tomatoes & Olive Salad Marble Rye Bread Peach Crisp
<b>Friday, May 26</b> <b>Shabbat Dinner</b> Chicken Rice Soup Oven Fried Chicken Mashed Potatoes & Gravy Country Green Beans Challah Chilled Apricots & Topping