

Week of February 20 – 24

Monday, Feb. 20

Crisp Garden Salad w/Savory Homemade Croutons
Fluffy Baked Potato
Vegetarian Chili
Shredded Cheeses
Assorted Dinner Rolls
Warm Chocolate Chip Cookie

Tuesday, Feb. 21 \$1

A Taste of New Orleans

Chef Salad - *Crispy lettuce w/ tomato wedges, carrots, cucumbers, egg*
Chicken Jambalaya - *A flavorful mix of chicken, rice, tomatoes and a bit of Cajun seasonings*
Herbed Rice
Sweet Corn
Warm French Bread
King's Cake

Mardi Gras Celebration - 6:00-6:45pm

**Musical Entertainment provided by
Tommy Goldenberg and Barbara Helmer**

Wednesday, Feb. 22

Chilled Beet Borscht
Baked Tilapia Amandine
Seasoned Spinach or French Style Green Beans
Apricot Shortcake
Fresh Whole Wheat Bread

**White Elephant Bingo
6:00-6:30pm**

Thursday, Feb. 23

Hot Roast Beef
Barley Vegetable Casserole - *Delicious and healthy!*
Tossed Salad
Chilled Pear Slices
Fresh Marble Rye Bread

Friday, Feb. 24

Shabbat Dinner

Homemade Chicken Rice Soup
Honey Glazed Chicken
Oven Browned Potatoes
Roasted Vegetables - *Fresh squash, bell peppers, mushrooms, lightly roasted w/a touch of olive oil*
Challah
Chilled Peaches w/Whipped Topping

Week of February 27 – 29

Monday, Feb. 27

Crisp Garden Salad
Texas Ranch Soup - *A rich blend of vegetables, rice and black beans*
Garlic Cheese French Bread
Hot Apple Pie

Tuesday, Feb. 28

BBQ Beefburger on a Wheat Roll
Sweet Potato Wedges
Sweet and Sour Slaw
Red and Green Grapes

Wednesday, Feb. 29 \$1

Vegetable Cous Cous Soup
Julie's Salmon Salad
Chilled Salad Greens w/Tomato Wedges
Whole Wheat Crackers
Strawberry Yogurt Cup

Birthday Party!

6:00-7:00pm

Musical Entertainment - Bobby J

Meals are subject to change.



Jewish Federation
OF ST. LOUIS



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 JCC. Everyone 60 years and older is invited to participate. Facilities are available to all without regard to race, color, national origin, age, sex, or handicap.

jccstl.org

Covenant House Dining February 2012

MENU



~ Dinner Served ~

Monday – Thursday 5:00pm

~ Special Shabbat Dinner ~

Friday at 4:30pm

Reservations Required

Please call one day in advance.
RESERVATION LINE: 314-442-3149
OR: ewhitam@jccstl.org

JCC / MEAAA Dining Site
Covenant I
10 Millstone Campus Drive
St. Louis, MO 63146

Suggested contribution per meal \$3.50

Dollar Days! \$1

Look for special suggested \$1 donation days next to the date!

Catered by **kitchen j**

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JEWISH COMMUNITY CENTER



Week of February 1 – 3

Wednesday, Feb. 1

Quarter Pound Kosher Hot Dog on a Deli Roll
Corn on the Cob
Honey Mustard Slaw
Sweet Cherry Crisp

Game Night 6:00-7:00pm

**Board games and cards will be provided.
Join your old and new friends for a fun time!**

Thursday, Feb. 2

Italian Roast Beef
Herbed Fettucine
Seasoned Broccoli or Baby Carrots
Tomatoes, Onion, Kosher Pickle Spear
Marble Rye Bread
Chilled Pear Slices

Friday, Feb. 3

Shabbat Dinner

Homemade Chicken Noodle Soup
Oven Fried Chicken
Mashed Sweet Potatoes
Creamy Cucumber Salad
Challah
Fresh Red Grapes



Week of February 6 – 10

Monday, Feb. 6

Baked Lemon Tilapia - *A tilapia filet basted with a light lemon sauce*
Tossed Salad w/Savory Homemade Croutons
Sweet Noodle Kugel - *Enjoy the contest winning recipe submitted by Zendra Ashkanazi and Rosy Weinstein*
Seasoned Broccoli or Cauliflower
Chilled Apricots and Blueberries
Sing-a-Long with J Associates 3:30-4:15pm

Tuesday, Feb. 7

Sweet and Sour Chicken
Herbed Brown Rice
Parslied Carrots
Oriental Vegetables
Hot Dinner Roll
Chilled Pineapple Tidbits
**A Healthy Living Presentation
6:00-6:30pm
AW Healthcare**

Wednesday, Feb. 8

Homemade Split Pea Soup
Savory Vegetable Quiche
Fresh Garden Salad - *Crisp lettuce w/ diced cucumbers and tomatoes*
Assorted Dinner Rolls
Granola Spice Cake
Current Events 6:00-7:00pm

Join in a discussion with your peers about what's happening in the world today.

Thursday, Feb. 9 \$1

Homemade Beef Burger on Wheat Bun
Seasoned Potato Wedges - *Freshly cut, baked, perfect!*
Honey Mustard Slaw
Lettuce, Tomato, Onion
Kosher Pickle Slices
Homemade Lemon Sugar Cookie - *Warm and sooo good!*

Friday, Feb. 10

Shabbat Dinner

Chicken Noodle Soup
Apricot Chicken - *Roast chicken basted and served with a sweet apricot sauce*
Garlic Mashed Potatoes
Pickled Beets
Challah
Warm Apple Slices

Week of February 13 – 17

Monday, Feb. 13

Hot Vegetable Barley Soup
Cheese Blintzes w/Strawberries and Sour Cream
Tropical Fruit Salad
Streusel Coffee Cake

**Support Council and Menu Meetings
1:30-3:30pm**

Tuesday, Feb. 14 \$1

Red and White Party

Sloppy Joes on a Deli Roll
Red Potato Salad
Creamy Coleslaw
Cherry Chocolate Cake

**Musical Entertainment
6:00-6:30pm
Joyful Notes**

Wednesday, Feb. 15

Creamy Tomato Soup
Larry's Tuna and Egg Salad
Macaroni and Cheese - *Penne pasta in a rich cheese sauce*
Crisp Salad Greens w/Tomato Wedges
Whole Wheat Crackers
Peaches w/Whipped Topping

Thursday, Feb. 16

Braised Beef - *Tender pieces of beef simmered in a rich gravy*
Savory Kasha
Peas and Carrots
Marinated Tomatoes and Onions
Fresh Marble Rye Bread
Hot Cinnamon Apple Slices

**A Healthy Living Presentation
6:00-6:30pm
"The Way I Feel is Up To Me"
with Bonnie Solomon**

Friday, Feb. 17

Shabbat Dinner

BBQ Chicken
Rosemary Potatoes
Seasoned Whole Green Beans
Challah
Mandarin Oranges w/Pineapple