

February Newsletter

Clarinet & Piano Duo Mardi Gras Happy Hour When? Wednesday, February 8 at 4:00pm Where? Circle@Crown Cafe

What? Enjoy mock Hurricanes and red beans and rice with a happy hour vibe in the Cafe as highly skilled Scott Alberici plays his clarinet and Jan Ammerman accompanies him on piano. A variety of music will be played including jazz renditions and tunes from multiple decades. RSVP to 991-2055.

Deborah Sharn Concert

When? Wednesday, February 22 at 4:00pm Where? Circle@Crown Cafe

What? Deborah Sharn returns to Crown with a wide range of music from multiple genres including Broadway tunes, jazz, and contemporary songs. With her background in acting and radio, she will keep our audience entertained and engaged. RSVP to 991-2055.

Speaker Series: Alan Spector on Nicknames: What & Why

When? Tuesday, February 28 at 3:00pm Where? Circle@Crown Cafe

What? Acclaimed author and speaker Alan Spector, (husband of Crown board member Ann Spector), will talk about how and why we give and get nicknames. Learn about the nicknames of sports, entertainment, and political celebrities. You might even leave the program with a new nickname! RSVP at 991-2055.











Tour of Chocolate Chocolate Chocolate Factory

Enjoy a guided tour of the Chocolate Chocolate Chocolate Factory on 5025 Pattison Ave. As you are led onto the factory floor, you'll see, hear, and smell the chocolate being made. Watch as candy makers hand make chocolates in front of your eyes. Enjoy free samples and the opportunity to shop for more at the candy kitchen. Scooter Accessible.

\$2 Fee



HOCOLATE CHOCOLATE CHOCOLATE C O M P A N Y - Since 1981 -



THE JEWEL BOX

IN FOREST PARK

Tired of the winter cold, wind and dreariness? Take a short trip to a little tropical haven in Forest Park, The Jewel Box greenhouse. Have some quiet moments looking at tropical trees, foliage plants, flowers, and a new water feature and fountain. Enjoy a snack and drink provided. \$2 Fee

RSVP TO 991-2055

Tuesday

Feb 14

12:30pm



CROWN READS & WRITES

center



Writer's Workshop

Do you have thoughts, opinions, and memories that you would like to explore and express more fully but don't know how? Are you curious about the writing experience but don't know how to start? Learn writing techniques to experiment with, built-in time to write, and discussion of the writing experience. Writing will not be turned in and no obligation to share what you write. No cost.

Monday, Feb 6

BOOK TALK: African American Writers

Come to February's Book Talk to share African American writers that you would recommend to others. Then enjoy browsing an exhibit of African American writers from UCity Llbrary.

> Wednesday, Feb 15 3:00pm Weinberg Library



Book

Crown resident librarian Rise Gilliom keeps the Weinberg Library in tip-top shape. Check out book displays that change monthly, or fill out a book request.

1:00pm **Fitness Center** Requests Find Your Story Listen to a complete short story, chosen by

a resident, read aloud by Program

Coordinator Kate Massot. Discussion

following.

Thursday, Feb 23 3:00pm **Tallin Theater**



Get Your Creative Juices Flowing

RSVP to all programs



991-2055 **IMPROV** CLASS

Crown is fortunate to host an instructor from Project Present who leads collaborative, creative improvisation sessions. Come to stretch yourself in acting scenarios or just come to check out this new, fun program! No acting experience necessary and all ideas are accepted. No cost for this program.

Thursdays, Feb 2 & 9 1:00pm Weinberg Library

MISSOURI BOTANICAL GARDEN

Room with a Bloom

Dave Reinol comes to share seasonal Missouri Botanical Flowers as well as his warmth and wisdom. Learn about the flowers he brings and make a bouquet to take home. Don't forget about his prize drawing.

\$2 SUPPLY FEE.



Thursday, Feb 16 1:00pm **Fitness Center**

LINE DRAWING AND WATERCOLOR

Artist MaryJo Clark returns to Crown to teach contour line drawing with watercolor application. Is it your first time painting with watercolor? MaryJo is a retired teacher who can guide you through every step. \$2 SUPPLY FEE.

Tuesday February 21 2:30pm Fitness Center

Starring Colin Firth





How **England's King George** overcomes his speech impediment

Uplifting story of how Vince Papale fulfilled his dream to play in NFL

The story of iconic freedom fighter Harriet Tubman

A visually stunning Sci-Fi thriller with 4 Oscar



wins



Starring Cynthia Erivo



Starring Leonardo DiCaprio

nception 2010

February 24 at 2:00 **Tallin Theater**



There

INVINCIBLE







CROWN CENTER WEEKLY PROGRAMS

February 2023

FEBRUARY SHOPPING TRIPS

Thursday, 2/2 @2:30pm Schnucks

Thursday, 2/9@2:30pm Δldi

Thursday, 2/16@2:30pm Schnucks



RSVP 991-2055 \$1 FEE

Music & Movement

Mondays 2:30pm **Fitness Center** Led by RPI Therapist **Kirsten Meyerotto**



Oasis Beginning Tai Chi

For Arthritis For Fall Prevention



crown

center

Wednesdays 1:00pm **Fitness Center** \$2 per class



Retired Physical Therapist and dynamic Oasis instructor Jo Ann Roberts leads classes in exercises that have been proven to relieve pain, reduce stress and decrease fall risk while improving balance, muscular strength and coordination. A great way to be healthy in mind, body, and spirit.



February 2023



Funding for program provided by Aging Ahead, Jewish Federation of St. Louis and Friends of Crown Center

MENU

30Meal Delivery Impossible meat tacos Corn and bean salad Fresh fruit3112Meal Delivery Steak36Meal Delivery Soup Fresh fruit789Meal Delivery Green Beans Fresh Fruit5Soup Fresh Fruit5Soup Fresh Fruit105Meal Delivery Spaghetti & Meat Sauce Italian Salad Green Beans Fresh Fruit789Meal Delivery Fresh Fruit105Meal Delivery Bagel & Lox Spread Tomato, Cucumber Salad Blintt Souffle Fresh Fruit789Meal Delivery Fresh Fruit1013Meal Delivery Impossible Chili Dog Cole slaw Fresh Fruit141516Meal Delivery Fresh Fruit1713Meal Delivery Fresh Fruit1415Sweet and Sour MeatballsBelgian Waffle Hash Brown Fresh FruitEgg Salad Sandwi Soup Garden Salad Soup20Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit1420Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit1020Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit1020Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit281Could Cheese Fresh Fruit					Crown Center
mpossible meat tacos Corn and bean salad Fresh fruitVeggie and Cheese Pizza Side salad Fresh fruitImpossible Salisbury Steak Mashed Potatoes Green Beans Fresh FruitFettuccini Alfredo BrocoliEgg Salad Sandwi Garden Salad Soup Fresh Fruit6Meal Delivery Spaghetti & Meat Sauce talian Salad Green Beans Fresh Fruit789Meal Delivery Fresh Fruit105Bagel & Lox Spread Tomato, Cucumber Salad Bintz Souffle Fresh Fruit789Meal Delivery Fresh Fruit1013Meal Delivery mpossible Chili Dog Cole slaw Crees Fruit141516Meal Delivery Fresh Fruit1720Meal Delivery Fresh Fruit141516Meal Delivery Fresh Fruit1720Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit23Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit24Tuna Salad Sandw Side Deli Salad Soup Fresh FruitSoup Fresh Fruit2420Meal Delivery Fresh Fruit23Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit23Meal Delivery Fresh Fruit2427Meal Delivery Fresh Frui	Monday	Tuesday	Wednesday	Thursday	Friday
Corn and bean salad Fresh fruitSide salad Fresh fruitSteak Mashed Potatoes Green Beans Fresh FruitBroccoli SoupGarden Salad Soup6Meal Delivery Spaghetti & Meat Sauce talian Salad Sreen Beans Fresh Fruit7 Bagel & Lox Spread Tomato, Cucumber Salad Blintz Souffle Fresh Fruit8 Impossible Meatloaf Roasted Potatoes Roasted Potatoes Roasted Potatoes Roasted Potatoes Roasted Potatoes9 Meal Delivery Fish Tacos1013Meal Delivery mpossible Chili Dog Cole slaw Fresh Fruit14 Vegetable Lasagna Broccoli15 Sweet and Sour Meatballs Rice Fresh Fruit16 Meal Delivery Fresh Fruit17 Egg Salad Sandwi Garden Salad Soup20Meal Delivery Fresh Fruit21 Impossible Sloppy Joe Mixed vegetables Fresh Fruit22 Veggia and Cheese Omelette Skillet Potatoes Skillet Potatoes Skillet Potatoes Fresh Fruit23 Meal Delivery Fresh Fruit24 Tuna Salad Sandwi Garden Salad Soup Fresh Fruit20Meal Delivery Fresh Fruit21 Impossible Sloppy Joe Mixed vegetables Fresh Fruit22 Skillet Potatoes Fresh Fruit23 Fresh Fruit Fresh Fruit24 Soup Fresh Fruit Fresh Fruit27Meal Delivery Grilled Salmon Broccoli Guifflower Medley28 Fresh fruit1 Fresh fruit27Meal Delivery Fresh Fruit Corn Garden Salad Soup28 Fresh Fruit1 Fresh Fruit27Meal Delivery Fresh Fruit Corn Fresh Fruit28 Fresh Fruit1 Fresh Fruit27Meal De	30 Meal Delivery	31	1	2 Meal Delivery	3
Fresh fruitFresh fruit CookieMashed Potatoes Green Beans Fresh FruitSoup Fresh FruitSoup Fresh Fruit6Meal Delivery Spaghetti & Meat Sauce Italian Salad Green Beans Bresh Fruit789Meal Delivery Fish Tacos10Spaghetti & Meat Sauce Italian Salad Green Beans Fresh Fruit789Meal Delivery Fish Tacos10Spaghetti & Meat Sauce Italian Salad Green Beans Fresh Fruit789Meal Delivery Fish Tacos10Soup Fresh Fruit789Meal Delivery Fresh Fruit10Tuna Salad Sandw Soup Fresh Fruit13Meal Delivery Impossible Chill Dog Cole slaw Fresh Fruit141516Meal Delivery Fresh Fruit1713Meal Delivery Fresh Fruit141516Meal Delivery Garden Salad1713Meal Delivery Fresh Fruit14122223Meal Delivery Fresh Fruit1720Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit212223Meal Delivery Soup Fresh Fruit2420Meal Delivery Fresh Fruit2223Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit2811Soup Fresh FruitSoup Fresh Fruit27Meal Delivery Corine Corm Sweet Peas2811Guiche Mixed veget				Fettuccini Alfredo	Egg Salad Sandwich
CookieGreen Beans Fresh FruitFresh FruitFresh Fruit6Meal Delivery Spaghetti & Meat Sauce Italian Salad Green Beans Fresh Fruit789Meal Delivery Fish Tacos Cole Slaw10Spaghetti & Meat Sauce Italian Salad Green Beans Fresh Fruit789Meal Delivery Fish Tacos Cole Slaw10Spaghetti & Meat Sauce Italian Salad Green Beans Fresh Fruit789Meal Delivery Fish Tacos Cole Slaw103Meal Delivery Meal Delivery141516Meal Delivery Fresh Fruit1713Meal Delivery Presh Fruit141516Meal Delivery Belgian Waffle Hash Brown Fresh Fruit1710Soup of the Day Fresh FruitSoup of the Day Fresh FruitSoup of the Day Fresh Fruit82223Meal Delivery Fresh Fruit20Meal Delivery Breaded Fish Street Corn Vegetable Soup Fresh Fruit212223Meal Delivery Fresh Fruit2427Meal Delivery Grilled Salmon Broccoli Corn Sweet Peas2811Soup Fresh FruitSoup Fresh Fruit27Meal Delivery Grilled Salmon Broccoli Sweet Peas2812128127Meal Delivery Cauliflower Medley28111127Meal Delivery Fresh Fruit Cauliflower Medley2811127Meal Delivery Fresh Salmon Broccoli Cauliflower M	Corn and bean salad	Side salad	Steak	Broccoli	Garden Salad
Fresh FruitFresh Fruit9Meal Delivery Tuna Salad Sandw Side Deli Salad SoupGMeal Delivery Bagel & Lox Spread Tomato, Cucumber Salad Blintz Souffle Fresh FruitImpossible Meatloaf Roasted Potatoes Roasted Potatoes Roasted Zucchini Fresh FruitFish Tacos Cole Slaw Corn salad Fresh FruitTuna Salad Sandw Side Deli Salad Soup Fresh Fruit13Meal Delivery Impossible Chili Dog Cole slaw Fresh Fruit141516Meal Delivery Belgian Waffle Hash Brown Fresh Fruit1713Meal Delivery Impossible Chili Dog Cole slaw Fresh Fruit141516Meal Delivery Egg Salad Sandwi Garden Salad Soup Fresh Fruit1720Meal Delivery Fresh Fruit212223Meal Delivery Vegetable Lo Mein Vegetable Soup Fresh Fruit2420Meal Delivery Mead Delivery Eresh FruitFresh Fruit2223Meal Delivery Side Deli Salad Soup20Meal Delivery Fresh Fruit212223Meal Delivery Side Deli Salad Soup2420Meal Delivery Mixed vegetables Fresh FruitSkillet Potatoes English Muffin Fresh FruitFresh Fruit Fortune cookieSoup27Meal Delivery Chicken and Noodles Corn Sweet Peas281Quiche Mixed vegetables Fresh fruitQuiche Mixed vegetables Fresh fruitFresh fruit	Fresh fruit	Fresh fruit	Mashed Potatoes	Soup	Soup
Spaghetti & Meat Sauce Italian Salad Green Beans Fresh FruitBagel & Lox Spread Tomato, Cucumber Salad Blintz Souffle Fresh FruitImpossible Meatloaf Roasted Potatoes Roasted Potatoes Roasted Zucchini Fresh FruitFish Tacos Cole Slaw Cole Slaw Corn salad Fresh FruitTuna Salad Sandw Side Deli Salad Soup Fresh Fruit13Meal Delivery Impossible Chili Dog Cole slaw Fresh Fruit141516Meal Delivery Egg Salad Sandwi Garden Salad Soup Garden Salad Soup of the Day Fresh Fruit17Egg Salad Sandwi Garden Salad Soup Fresh Fruit20Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit212223Meal Delivery Vegetable Lo Mein Vegetable Soup Fresh Fruit2420Meal Delivery Fresh Fruit212223Meal Delivery Vegetable Lo Mein Vegetable Soup Fresh Fruit2427Meal Delivery Fresh Fruit281Couche Mixed vegetables Fresh fruitSoupFresh Fruit27Meal Delivery Chicken and Noodles Corn Sweet Peas281Quiche Mixed vegetables Fresh fruitQuiche Mixed vegetables Fresh fruitQuiche Mixed vegetables Fresh fruitGailflower MedleyFresh fruit		Cookie		Fresh Fruit	Fresh Fruit
Italian Salad Green Beans Fresh FruitTomato, Cucumber Salad Blintz Souffle Fresh FruitRoasted Potatoes Roasted Zucchini Fresh FruitCole Slaw Corn salad Fresh FruitSide Deli Salad Soup Fresh Fruit13Meal Delivery Impossible Chili Dog Cole slaw Fresh Fruit141516Meal Delivery Belgian Waffle Hash Brown Fresh Fruit1713Meal Delivery Meatballs Fresh Fruit141516Meal Delivery Belgian Waffle Hash Brown Fresh Fruit1720Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit212223Meal Delivery Vegetable Lo Mein Vegetable Soup Fresh Fruit2420Meal Delivery Fresh Fruit2122Veggie and Cheese Omelette Skillet Potatoes English Muffin Fresh fruitVegetable Lo Mein Vegetable Soup Fresh Fruit2427Meal Delivery Grilled Salmon Broccoli Corn Sweet Peas281Quiche Mixed vegetables Fresh fruit2827Meal Delivery Grilled Salmon Broccoli Cauliflower Medley281Quiche Mixed vegetables Fresh fruit14	6 Meal Delivery	7	8	9 Meal Delivery	10
Green Beans Fresh FruitBlintz Souffle Fresh FruitRoasted Zucchini Fresh FruitCorn salad Fresh FruitSoup Fresh Fruit13Meal Delivery Uegetable Lasagna Broccoli141516Meal Delivery Belgian Waffle Hash Brown Fresh Fruit1713Meal Delivery Vegetable Lasagna Broccoli141516Meal Delivery Belgian Waffle Hash Brown Fresh Fruit1720Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit212223Meal Delivery Vegetable Lo Mein Vegetable Soup Fresh Fruit2420Meal Delivery Fresh Fruit212223Meal Delivery Vegetable Soup Fresh Fruit2420Meal Delivery Fresh Fruit212223Meal Delivery Vegetable Soup Fresh Fruit2420Meal Delivery Fresh Fruit281Soup Fresh FruitSoup Fresh FruitSoup Fresh FruitSoup Fresh Fruit2827Meal Delivery Chicken and Noodles Corn Sweet Peas281Quiche Mixed vegetables Fresh fruitSoup Fresh fruitSoup Fresh fruitFresh Fruit	Spaghetti & Meat Sauce	Bagel & Lox Spread	Impossible Meatloaf	Fish Tacos	Tuna Salad Sandwich
Fresh FruitFresh FruitFresh FruitFresh FruitFresh Fruit13Meal Delivery Impossible Chili Dog Cole slaw Fresh Fruit141516Meal Delivery Belgian Waffle Hash Brown Fresh Fruit1720Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit212223Meal Delivery Vegetable Lo Mein Vegetable Soup Fresh Fruit2420Meal Delivery Fresh Fruit212223Meal Delivery Vegetable Lo Mein Vegetable Soup Fresh Fruit2420Meal Delivery Fresh Fruit24Tuna Salad Sandwi Side Deli Salad Soup Fresh FruitSoup Fresh Fruit500027Meal Delivery Chicken and Noodles Corn Sweet Peas281Quiche Mixed vegetables Fresh fruitSoup Fresh fruit27Meal Delivery Cauliflower Medley281Soup Fresh fruitSoup Fresh fruit	talian Salad	Tomato, Cucumber Salad	Roasted Potatoes	Cole Slaw	Side Deli Salad
13Meal Delivery Impossible Chili Dog Cole slaw Fresh Fruit141516Meal Delivery Egg Salad Sandwi Garden Salad Soup Fresh Fruit1720Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit2420Meal Delivery Fresh Fruit212223Meal Delivery Fresh Fruit24Breaded Fish Street Corn Vegetable Soup Fresh FruitImpossible Sloppy Joe Mixed vegetables Fresh FruitVeggie and Cheese Omelette Skillet Potatoes English Muffin Fresh FruitVegetable Lo Mein Vegetable Soup Fresh FruitTuna Salad Sandw Side Deli Salad Soup27Meal Delivery Cornbread28127Meal Delivery Grilled Salmon Broccoli Corn Sweet Peas281Corn Sweet PeasGrilled Salmon Broccoli Cauliflower MedleyQuiche Fresh fruitMixed vegetables Fresh fruit	Green Beans	Blintz Souffle	Roasted Zucchini	Corn salad	Soup
Impossible Chili Dog Cole slaw Fresh FruitVegetable Lasagna BroccoliSweet and Sour Meatballs Rice Fresh FruitBelgian Waffle Hash Brown Fresh FruitEgg Salad Sandwi Garden Salad Soup Fresh Fruit20Meal Delivery Fresh Fruit212223Meal Delivery Vegetable Lo Mein Vegetable Soup Fresh Fruit2420Meal Delivery Mixed vegetablesImpossible Sloppy Joe Mixed vegetables Fresh FruitVeggie and Cheese OmeletteVegetable Lo Mein Vegetable Soup Fresh Fruit2427Meal Delivery Grilled Salmon Broccoli281Soup Fresh fruitSoup Fresh fruit27Meal Delivery Grilled Salmon Sweet Peas281Souche Mixed vegetables Fresh fruitSoup Fresh fruit27Meal Delivery Grilled Salmon Sweet Peas281Souche Fresh fruitSouche Fresh fruit27Meal Delivery Grilled Salmon Sweet Peas281Souche Fresh fruitSouche Fresh fruit27Meal Delivery Grilled Salmon Sweet Peas281Souche Fresh fruitSouche Fresh fruit27Meal Delivery Grilled Salmon Sweet Peas281Souche Mixed vegetables Fresh fruitSouche Fresh fruit27Meal Delivery Grilled Salmon Sweet Peas281Souche Mixed vegetables Fresh fruitSouche Fresh Fruit29Meal Delivery Fresh Fruit281Souche Fresh FruitSouche Fresh Fruit29 <t< td=""><td>Fresh Fruit</td><td>Fresh Fruit</td><td>Fresh Fruit</td><td>Fresh Fruit</td><td>Fresh Fruit</td></t<>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cole slaw Fresh FruitBroccoli Soup of the Day Fresh FruitMeatballs Rice Fresh FruitHash Brown Fresh FruitGarden Salad Soup Fresh Fruit20Meal Delivery Fresh Fruit212223Meal Delivery Vegetable Lo Mein Vegetable Soup Fresh Fruit24Breaded Fish Street Corn Vegetable Soup Fresh FruitImpossible Sloppy Joe Mixed vegetables Fresh FruitVeggie and Cheese Omelette Skillet Potatoes English Muffin Fresh fruitVegetable Lo Mein Vegetable Soup Fresh FruitTuna Salad Sandv Side Deli Salad Soup27Meal Delivery Cornbread28127Meal Delivery Grilled Salmon Broccoli Corn Sweet Peas281Corn Sweet PeasGrilled Salmon Couliflower MedleyQuiche Fresh fruitMixed vegetables Fresh fruit	13 Meal Delivery	14	15	16 Meal Delivery	17
Fresh FruitSoup of the Day Fresh FruitRice Fresh FruitFresh FruitSoup Fresh Fruit20Meal Delivery Breaded Fish Street Corn212223Meal Delivery Vegetable Lo Mein Vegetable Soup Fresh Fruit24Wixed vegetables Fresh FruitImpossible Sloppy Joe Mixed vegetables Fresh FruitVeggie and Cheese Omelette Skillet Potatoes English Muffin Fresh fruitVegetable Lo Mein Vegetable Soup Fresh FruitTuna Salad Sandw Side Deli Salad Soup Fresh Fruit27Meal Delivery Chicken and Noodles Corn Sweet Peas28127Grilled Salmon Broccoli Cauliflower MedleyQuiche Fresh fruitJuiche Fresh fruit	mpossible Chili Dog	Vegetable Lasagna	Sweet and Sour	Belgian Waffle	Egg Salad Sandwich
Fresh FruitFresh FruitFresh FruitFresh Fruit20 Meal Delivery Breaded Fish Street Corn212223 Meal Delivery Vegetable Lo Mein Vegetable Soup Fresh Fruit24Vegetable Soup Fresh Fruit CornbreadImpossible Sloppy Joe Mixed vegetables Fresh FruitVeggie and Cheese OmeletteVegetable Lo Mein Vegetable Soup Fresh Fruit Fortune cookieTuna Salad Sandw Side Deli Salad Soup Fresh Fruit Fortune cookie27 Meal Delivery Chicken and Noodles Corn Sweet Peas28127 Meal Delivery Sweet Peas281Corn Sweet PeasGrilled Salmon Broccoli Cauliflower MedleyQuiche Fresh fruitMixed vegetables Fresh fruit	Cole slaw	Broccoli	Meatballs	Hash Brown	Garden Salad
20Meal Delivery Breaded Fish Street Corn212223Meal Delivery Vegetable Lo Mein Vegetable Soup Fresh Fruit24Vegetable Soup Fresh Fruit CornbreadImpossible Sloppy Joe Mixed vegetables Fresh FruitVeggie and Cheese Omelette Skillet Potatoes English Muffin Fresh fruitVegetable Lo Mein Vegetable Soup Fresh Fruit Fortune cookieTuna Salad Sandw Side Deli Salad Soup Fresh Fruit27Meal Delivery Chicken and Noodles Sweet Peas28127Meal Delivery Corn Broccoli Cauliflower Medley281	Fresh Fruit	Soup of the Day	Rice	Fresh Fruit	Soup
Breaded Fish Impossible Sloppy Joe Veggie and Cheese Vegetable Lo Mein Tuna Salad Sandw Street Corn Mixed vegetables Omelette Vegetable Soup Fresh Fruit Skillet Potatoes Fresh Fruit Soup Vegetable Soup Fresh Fruit English Muffin Fortune cookie Fresh Fruit Soup Cornbread 28 1 Chicken and Noodles Grilled Salmon Quiche Mixed vegetables Fresh fruit Fresh fruit Fresh fruit Sweet Peas Cauliflower Medley Fresh fruit Fresh fruit Fresh fruit Fresh fruit		Fresh Fruit	Fresh Fruit	1. ar 192	Fresh Fruit
Street CornMixed vegetablesOmeletteVegetable SoupSide Deli SaladVegetable SoupFresh FruitSkillet PotatoesFresh FruitSoupFresh FruitEnglish MuffinFortune cookieFresh FruitCornbread281Chicken and NoodlesGrilled SalmonQuicheCornBroccoliMixed vegetablesSweet PeasCauliflower MedleyFresh fruit	20 Meal Delivery	21	22	23 Meal Delivery	24
Street CornMixed vegetablesOmeletteVegetable SoupSide Deli SaladVegetable SoupFresh FruitSkillet PotatoesFresh FruitSoupFresh FruitEnglish MuffinFortune cookieFresh FruitCornbread281Chicken and NoodlesGrilled SalmonQuicheCornBroccoliMixed vegetablesSweet PeasCauliflower MedleyFresh fruit	Breaded Fish	Impossible Sloppy Joe	Veggie and Cheese	Vegetable Lo Mein	Tuna Salad Sandwich
Fresh Fruit English Muffin Fortune cookie Fresh Fruit Cornbread 27 Meal Delivery 28 1 Chicken and Noodles Grilled Salmon Quiche Corn Broccoli Mixed vegetables Sweet Peas Cauliflower Medley Fresh fruit	Street Corn				Side Deli Salad
Fresh Fruit Cornbread English Muffin Fresh fruit Fortune cookie Fresh Fruit 27 Meal Delivery 28 1 Chicken and Noodles Grilled Salmon Quiche Corn Broccoli Mixed vegetables Sweet Peas Cauliflower Medley Fresh fruit	Vegetable Soup	Fresh Fruit	Skillet Potatoes	Fresh Fruit	Soup
27 Meal Delivery 28 1 Chicken and Noodles Grilled Salmon Quiche Corn Broccoli Mixed vegetables Sweet Peas Cauliflower Medley Fresh fruit	-		English Muffin	Fortune cookie	
Chicken and Noodles Grilled Salmon Quiche Corn Broccoli Mixed vegetables Sweet Peas Cauliflower Medley Fresh fruit	Cornbread		1.000		
Corn Broccoli Mixed vegetables Sweet Peas Cauliflower Medley Fresh fruit	27 Meal Delivery	28	1		
Sweet Peas Cauliflower Medley Fresh fruit	Chicken and Noodles	Grilled Salmon	Quiche		
Sweet Peas Cauliflower Medley Fresh fruit	Corn	Broccoli	Mixed vegetables		
	Sweet Peas	Cauliflower Medley			
	Fresh Fruit	Minestrone Soup	Whole wheat roll		

8350 Delcrest Drive St. Louis, MO 63124



crowncenterstl.org 314-991-2055





8350 Delcrest Drive St. Louis, MO 63124 Gladys & Henry Crown center for Senior Living

crowncenterstl.org 314-991-2055