



JAN 18 - JAN 24

SUPPER MENU

SUN. 1/18

Appetizer

Split Pea and Ham Soup

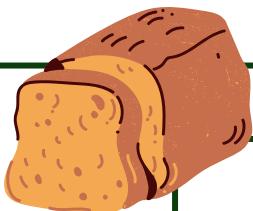
Mains

Baked beans & Hot dogs

Turkey Club

Sides

Brown bread



MON. 1/19

Appetizer

Vegetable Barley Soup

Mains

Reuben Sandwich

Garden Salad with Turkey,
Egg, and Vinaigrette



TUES. 1/20

Appetizer

Soup of the Day

Mains

Chef Salad with Ranch and

Turkey Salad

Pulled Pork on a Bun

Sides

Roasted Sweet Potatoes,
Buttered Corn, and Fruit

WED. 1/21

Appetizer

Homemade Mushroom Soup

Mains

Italian Sandwich

Grilled Cheese with Tomato

Sides

Fruit

THURS. 1/22

Appetizer

White Bean Chili

Petit Salad

Mains

Spinach Salad with Boiled

Egg and Bacon

Toasted Turkey and
Cheese Sandwich

Sides

Fruit



FRI. 1/23

Appetizer

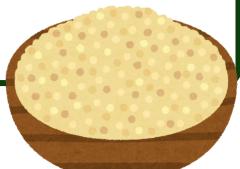
Vegetable Leek Soup with

Farro

Mains

Grilled Cheddar and Bacon
Sandwich

Quinoa Salad Bowl



**Check out
the back
for food
facts!!!**

SAT. 1/24

Appetizer

Chef's Choice Soup

Mains

Monte Cristo Sandwich with

Strawberry Compote

Egg Salad on a Salad

Sides

Fruit

JAN 11 - JAN 17

FOOD FACTS

Split Pea Soup dates back to ancient Greece and Rome. Split pea soup is made from dried split peas which are one of the oldest cultivated crops. There is evidence of their cultivation as far back as 7800 BC. Oh, and pea soup has been on the menu since 4th or 5th century BC!!!

Trivia Alert!

Sandwiches are on the menu today. Do you know the world's largest sandwich was made in Michigan in 2005. It was a corned beef and cheese sandwich. Do you know how much it weighed?

Unsure?

Come to activities for the answer!



Pulled pork has great nutritional value. It is high in protein and also contains essential vitamins and minerals. While pulled pork definitely has value to our health it's important to be mindful of the cuts of meat and trimming excess fat as to avoid over consumption of saturated fats.

The Italian sandwich has many names. Some of which include a Hoagie (popular in Philadelphia) and a Hero (popular in New York. The Italian sandwich has been around since the 1920s/1930s making it one of the oldest American sandwiches still enjoyed today!



Did you know?...

Quinoa is not actually a grain, but it is instead a seed. There are over 120 different varieties of quinoa available. Quinoa is naturally gluten free and enjoyed for its nutty flavor



The More you know!

Trivia Alert!
Spinach day is celebrated every year on March 26th! One popular sailor who made his first appearance in 1933 loved spinach. Do you know who?

Unsure?

Come to activities for the answer.



The Monte Cristo sandwich became popular in the 1960s. It really took off and became famous at Disney's Blue Bayou Restaurant. The Monte Cristo comprised of ham and cheese and grilled is often served with powdered sugar and jam on the side. The combination of sweet and savory flavors gives it a unique flare!