



JAN 18 - JAN 24



# SUPPER MENU

**SUN. 1/18**

**Appetizer**

Split Pea and Ham Soup

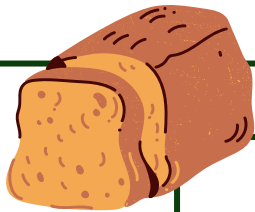
**Mains**

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**

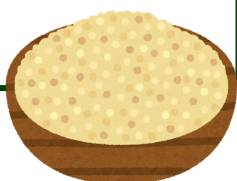
**Appetizer**

Vegetable Leek Soup with  
Farro

**Mains**

Grilled Cheddar and Bacon  
Sandwich

Quinoa Salad Bowl



**SAT. 1/24**

**Appetizer**

Chef's Choice Soup

**Mains**

Monte Cristo Sandwich with  
Strawberry Compote

Egg Salad on a Salad

**Sides**

Fruit

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

# 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 4<sup>th</sup> or 5<sup>th</sup> 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!

## 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?

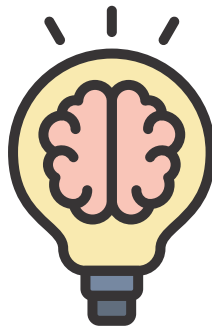
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## Did you know?...

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!**

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!

