

FEB 1 - FEB 7

SUPPER MENU

SUN. 2/1

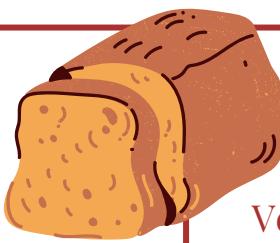
Mains

Hot Dogs

Fresh Mozzarella and Tomato Salad with Deli Meat and Balsamic

Vinaigrette
Sides

Baked beans and Brown Bread



MON. 2/2

Mains

American Chop Suey
Chicken Salad Wrap

Sides

Buttered Peas
Fruit

TUES. 2/3

Appetizer

Tortellini and Sausage Soup
Mains

Grilled Turkey and Cheese
Turkey and Garden Salad

**Wrap
Sides**

Fruit and Cottage Cheese

WED. 2/4

Appetizer

Vegetable Farro Soup

Mains

French Dip Sandwich
Chef Salad

Sides

Chips and Petite Salad



FRI. 2/6

Appetizer

Chef's Choice Soup

Mains

Vegetable Quiche

Bacon and Swiss Quiche

Sides

Stewed Tomatoes and Fruit

SAT. 2/7

Appetizer

Tomato Soup

Mains

Grilled Ham and Cheese

Italian Salad Plate

Sides

Beets and Fruit

Check out
the back
for food
facts!!!



FEB 1 - FEB 7

FOOD FACTS

Vinaigrette dates back to Ancient Rome and was coined the “French dressing”. While it is typically used in salads Vinaigrette is also commonly used in desserts and as rich marinades.



Early versions of American Chop Suey were made of stir fried meats and vegetables. Over time the dish evolved into the dish it is today which is similar to a pasta goulash. In the 1950s this was a popular dish served in homes and schools.

Tortellini has an interesting story behind it. As the story goes an inn keeper spied on the goddess Venus and was so struck by her beauty that he created a pasta in the shape of her naval. True or not Tortellini was a reserved dish for the rich until the 19th century.



What Is It?

Vegetable Farro Soup is a rustic dish that features a chewy, nut-like grain. It is actually one of the oldest cultivated grains. Farro is rich in fiber and protein and relatively low maintenance to make. While it takes time to cook you can usually allow it to simmer and cook directly in the broth.

Bacon is loved by most and is used in so many dishes and meals. Apollo 11 had Bacon as part of the first meal on the moon. Oscar Mayer packaged the first sliced Bacon in 1924.

Today it is estimated that Americans consume 18 pounds of bacon per person annually. That's a lot of bacon!



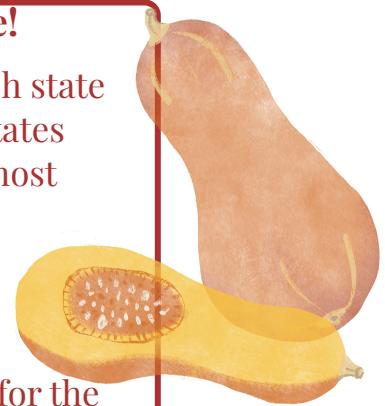
The More you know!

Trivia Time!

Do you know which state in the United States produces the most squash?

Unsure?

Stop by activities for the answer!



Did you know?

Beet Juice is used as a natural red dye for food. Also in the 19th Century it was used for cheek and lip satin. In Ancient Greece they used beets to treat fever, constipation, and skin conditions. Beets have been used for a wide range of things while being around.