



FEB 1-FEB 7



LUNCH MENU

SUN. 2/1

Appetizer

Ranch Chopped Salad

Mains

Coq au Vin over Mashed Potatoes

Tuna Melt Sandwich

Sides

Pickled Beets

MON. 2/2

Appetizer

Soup of the Day

Mains

Roasted Pork Loin
Roast Beef and Cheese Sandwich

Sides

Red Potatoes and Carrots

TUES. 2/3

Appetizer

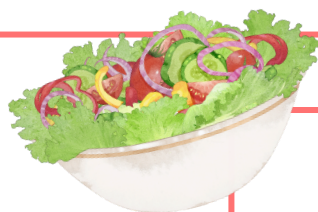
Garden Salad

Mains

Chicken Stew
Ham Salad Sandwich

Sides

Biscuit and Squash



WED. 2/4

Appetizer

Waldorf Salad

Mains

Kielbasa and Chicken
Gumbo over Rice
Shrimp Salad on a roll

Sides

Green Beans and Corn Bread

THURS. 2/5

Appetizer

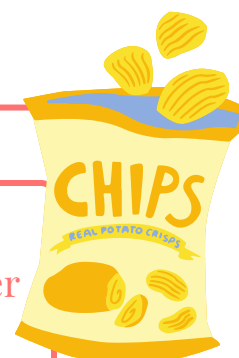
Broccoli and Cauliflower Soup

Mains

Cheeseburgers
Greek Salad

Sides

coleslaw and chips



FRI. 2/6

Appetizer

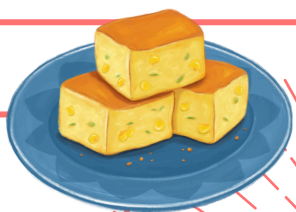
Corn Chowder

Mains

Fish and Chips
Turkey, Basil, and Mozzarella Wrap

Sides

Broccoli Salad and Chips



Check out
the back
for food
facts!!!

SAT. 2/7

Appetizer

Garden Salad

Mains

Pot Roast
Egg Salad Sandwich

Sides

Mashed Sweet Potatoes
and Cauliflower

FEB 1- FEB 7

FOOD FACTS

What Is It?

Coq au vin is a classic French dish that was popular among peasants. The name of the dish translates to “rooster in wine”. The recipe was designed to tenderize tough meat and make it more enjoyable.

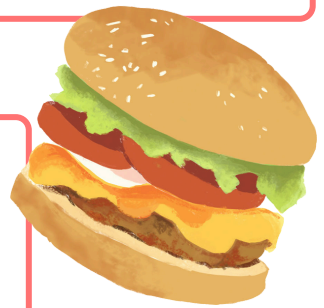
Carrots were originally purple, white, yellow or red. Orange carrots were not around until around the 17th century and they came from the Netherlands. The record for the longest carrot is 19 feet and the heaviest carrot is recorded at 22 pounds!

Biscuit originates from the Latin word “bis coctus” meaning twice baked. That’s because it was the original way to make bread as they baked it twice to be able to preserve it. This method of making bread was a common food item found on boats for sailors as they were great for long voyages until canning emerged.

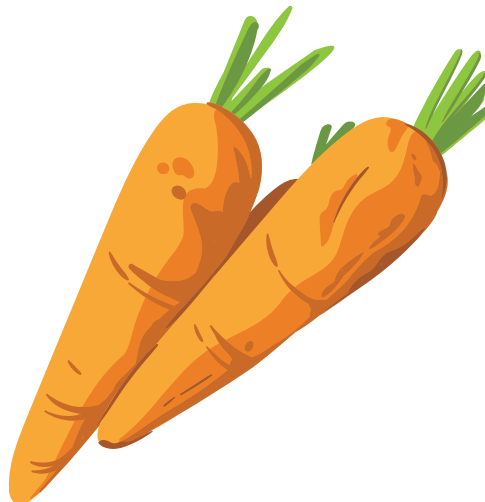


Waldorf salad was first introduced March 14th 1896 at a charity ball for St. Marys Hospital for Children. The same individual that is credited for the Waldorf salad is also credited for the creation of eggs Benedict, Oscar Tschirky.

The Cheeseburger, created in 1924 has become an American staple and originally cost 15 cents! Since then the cheeseburger has only grown in popularity and it is estimated that Americans consume 50 billion annually. Here is another fun math fact McDonald’s sells 75 cheeseburgers a second!



Mozzarella was originally made with water buffalo milk, but is now commonly found made from cow milk. This occurred as a result of WWII and the decrease in water buffalo herds. It is said that mozzarella was created accidentally when cheese curds fell into a pail of hot water in a Naples factory.



Did You Know?

Sweet Potatoes are a dense root vegetable and not actually a potato. In fact they are part of the Morning Glory family. Originating over 5,000 years ago in Central/South America.