

jan 04- jan 10

LUNCH MENU

SUN. 01/04

Appetizer

Butternut Squash Soup

Mains

Pot Roast Dinner

Greek Salad

Sides

Fresh Fruit

MON. 01/05

Appetizer

Garden Salad

Mains

Pork Saltimbocca

French Cheese

Sandwich

Sides

Fresh Fruit

TUES. 01/06

Appetizer

Green Salad w Beets

Mains

Meatloaf with Mac n
Cheese

Turkey Salad Sandwich

Sides

Fresh Fruit

WED. 01/07

Appetizer

Caesar Salad

Mains

Shrimp Scampi

Chicken Salad Sandwich

Sides

Brocoli Casserole

THURS. 01/08

Appetizer

Chef's Choice Soup

Mains

Chicken Parm

Chef Salad

Sides

Fresh Fruit

FRI. 01/09

Appetizer

Garden Salad

Mains

Breaded Baked

Haddock

Swiss Sandwich

Sides

Fresh Fruit

SAT. 01/10

Appetizer

Cheddar Cheese Soup

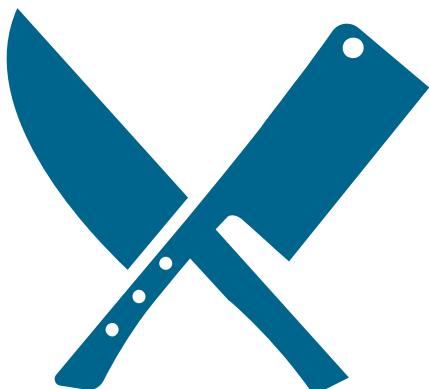
Mains

Pork Tourtiere

Tuna Salad Sandwich

Sides

Fresh Fruit



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FUN FOOD

FACTS

SUN. 01/04

POT ROAST

With roots tracing back to braising techniques brought to America with European immigrants, pot roast became the first American “comfort food” and gained massive popularity during the depression and WWII due to how economic the cut of beef was and how tender the slow-cooking, one-pot meal came out.

MON 01/05

PORK SALTIMBOCCA

Saltimbocca literally means “jumps in the mouth” in Italian, this dish is immensely popular in and around Rome, Italy. The tender pork, crispy prosciutto, savory sage and fruity white wine make this a fan favorite.

TUE 01/06

MEATLOAF

Any guesses where and when meatloaf was invented? ----- In order to economize left over meat scraps from higher priced cuts of meat, the cooks added day-old bread, tomato sauce and eggs to create volume and flavor. If you guessed GERMANY -- Wrong! Meatloaf began during the time of Christ in ITALY!

WED 01/07

SHRIMP SCAMPI

With origins in Italy, this dish commonly used langoustines (a mini lobster/large crayfish common in the Mediterranean). Italian American immigrants substituted easier to find shrimp in the 1800s creating the iconic garlic-butter-white wine sauce we know today as “traditional” shrimp scampi.

THU 01/08

CHICKEN PARM

This Italian dish was almost exclusively made with Eggplant but Italian American immigrants found eggplant difficult to source in the major US cities they emigrated to. They substituted pounded chicken cutlets and made Chicken Parmigiana one of the most popular Italian-American dishes in the world.

FRI 01/09

BAKED HADDOCK

Baked Haddock became a staple in New England fishing communities in the 1700s. But where did those buttery crackers come from? Eventually thehardtack biscuits got so stiff, that the ship cooks would grind them up, add some butter to them and top the haddock to dress it up. Ahoy! our modern day baked haddock.

SAT 01/10

PORK TOURTIERE

European settlers often transformed the meat pies of their heritage into celebration dishes for special occasions and holidays. The Pork Tourtiere has its roots in 17th Century Quebec in the Lac-Saint-Jean region. Tourtiere means deep pie dish in French. The traditional Tourtiere is featured minced beef or pork but coastal variations often incorporate scallops and salmon with a creamier base sauce. Bon a petit!!