



JAN 11- JAN 17



LUNCH MENU

SUN. 1/11

Appetizer

Soup of the Day

Mains

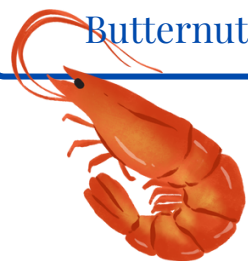
Chicken Thighs in a garlic herb Sauce

Shrimp Salad Roll

Sides

Risotto

Butternut Squash



MON. 1/12

Appetizer

Soup of the Day

Mains

Spaghetti w/Meatballs

Chicken Caesar Wrap

Sides

Garlic Bread

Mixed Vegetables



TUES. 1/13

Appetizer

Chef's Salad

Mains

Roasted Turkey Breast

Tuna Melt Sandwich

Sides

Stuffing, Cranberry Sauce, Green Bean Casserole

WED. 1/14

Appetizer

Chicken Noodle Soup

Mains

Cheese Ravioli

Ham Biscuit

Sides

Delicata Squash

THURS. 1/15

Appetizer

Chef's Choice Soup

Mains

Pork Fried Rice

Greek Salad

Sides

Vegetable Stirfry



FRI. 1/16

Appetizer

Quinoa Salad

Mains

Roasted Harvest Salmon

Deli Sandwich

Sides

Butternut Squash

Baked Potato

SAT. 1/17

Appetizer

Soup of the Day

Mains

Ham Dinner

Tuna Sandwich

Chefs Special Salad

Sides

Scalloped Potatoes

Roasted Cauliflower

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

JAN 11- JAN 17

FOOD FACTS

Did You Know...

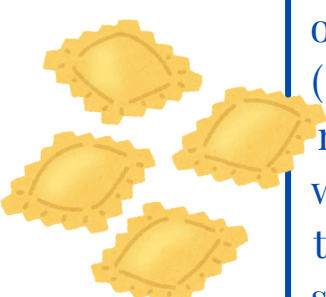
Chicken Thighs contain Tryptophan, Which is an amino acid linked to serotonin. Serotonin is responsible for regulating many things in the body but is most commonly known for its ability to boost our mood!

Trivia Alert!


What 1955 movie contained a romantic first date scene where two characters shared a plate of spaghetti and meatballs?

Unsure? See activities for the answer!

Legend has it that the Tuna Melt was an accidental discovery. It's said that a cook at a Woolworth's in Charleston S.C. accidentally dropped tuna on a grilled cheese creating what we call today the Tuna Melt!



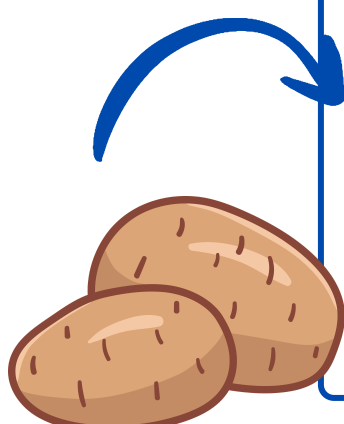
Ravioli first documented in the 14th century was originally served in broth (al brodo) or fried. It was not until the 16th century when Americans brought tomatoes that ravioli was served in tomato sauce.



Greek Salad Traditionally known as Horiatiki salad (Village salad) began in the 1960s. Greek cooks started adding feta cheese to tomatoes and cucumbers to avoid government price caps on basic salad ingredients.

Quinoa pronounced KEEN-wah is a healthy substitute for rice. The many benefits include benefits for blood sugar and heart health. Quinoa is also NASA approved! It is considered an ideal food for astronauts due to its nutritional profile.

What's the difference?!



Scalloped vs. Au Gratin
Traditionally Au Gratin means a brown crust (cheese/breadcrumbs). Scalloped means baked in milk/cream.
Modern versions often blend the two together.