

# 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

Check out  
the back  
for food  
facts!!!

**SAT. 1/17**

**Appetizer**

Soup of the Day

**Mains**

Ham Dinner

Tuna Sandwich

Chefs Special Salad

**Sides**

Scalloped Potatoes

Roasted Cauliflower

# JAN 11- JAN 17

# FOOD FACTS

## Did You Know...

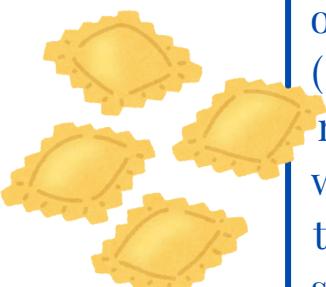
Chicken Thighs contain Tryptophan, Which is an amino acid linked to serotonin. Serotonin is responsible for regulating many things in the body but is most commonly known for its ability to boost our mood!

## 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!

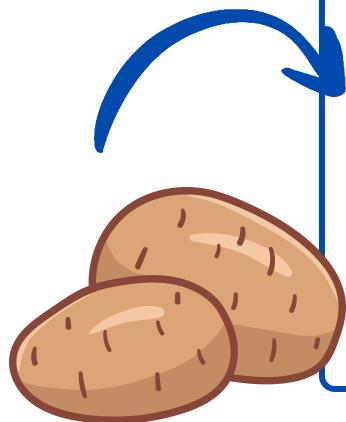


Ravioli first documented in the 14<sup>th</sup> century was originally served in broth (al brodo) or fried. It was not until the 16<sup>th</sup> century when Americans brought tomatoes that ravioli was served in tomatoe sauce.

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.