



JAN 18- JAN 24



LUNCH MENU

SUN. 1/18

Appetizer

Caesar Salad

Mains

Sausage and Beef Lasagna

Egg Salad Sandwich

Sides

Garlic Bread

Mixed Vegetables



MON. 1/19

Appetizer

Chef's Special Salad

Mains

White Bean and Smoked
Sausage Bowl with Veggies
and Farro

Roast Beef Sandwich

Sides

Chips

TUES. 1/20

Appetizer

Soup of the Day

Mains

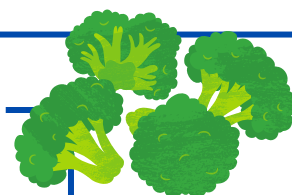
Teriyaki Chicken over

Brown Rice

Macaroni and Cheese with
ham and peas

Sides

Broccoli and Cauliflower



WED. 1/21

Appetizer

Chef's Choice Soup

Mains

Pork Tenderloin Medallions

Shrimp Salad Sandwich

Sides

Brussel Sprouts, Applesauce,
and Fingerling Potatoes



THURS. 1/22

Appetizer

Garden Salad

Mains

Kanya's Pad Thai with
Chicken over Rice Noodles
and Vegetables

Tuna Salad Roll

Sides

Coleslaw and Chips

FRI. 1/23

Appetizer

Caesar Salad

Mains

Seafood Scampi

Chicken Salad Sandwich
(with Cranberries and
Walnuts)

Sides

Broccoli

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

SAT. 1/24

Appetizer

Tomato, Basil, and
Cucumber Salad

Mains

Pot Roast Dinner

Ham and Swiss Sandwich

Sides

Mashed Potatoes

Buttered Peas



JAN 11- JAN 17

FOOD FACTS

Caesar Salad was created in 1924 by Italian American chef Caesar Cardini. He was a chef in Tijuana, Mexico. He was at his restaurant on the fourth of July and extremely busy. He came up with this salad because he had limited ingredients and time.

White beans sometimes also referred to as Navy beans actually consist of several types of beans. Lima beans, and great northern beans are a couple of beans in this group. They are legumes with white casings and starchy insides. White beans are rich in protein and essential vitamins.

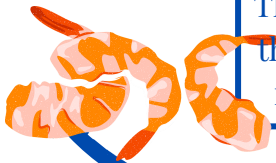
Did you know?...

Teriyaki come from the Japanese words “Teri” and “Yaki”. Teri meaning luster and Yaki meaning grill or broil. It's a Japanese dish that didn't make its way to the United States until World War II.



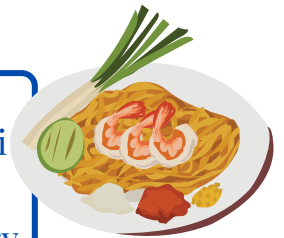
What's in it?...

A traditional Shrimp salad Sandwich consists of ingredients: shrimp, mayonnaise, and toasted bread. Other recipes also include Old Bay seasoning to enhance the flavor of the dish or celery and scallions to add some crunch. There are many ways to prepare this traditional sandwich which makes it a very versatile dish!



Trivia Time!

The world's largest Pad Thai was created in 2017 to celebrate the 50th anniversary of the Thai - Chinese cultural festival in Bangkok. Do you know how long it was?

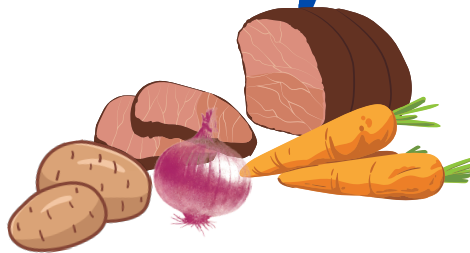


Unsure? Come to activities for the answer!

Trivia Time Again!

Seafood Scampi is a variation of the traditional Shrimp Scampi recipe. Shrimp Scampi has its own national day! Do you know what day it is?

Unsure? Come to activities for the answer!



What Vegetables are in your Pot Roast recipe?

Pot Roast is a dish that has many cultural ties. The most modern version, however, is linked to American and European cooking styles. This dish was a great way to take a less expensive cut of meat and turn it into a dish enjoyed by all.