

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

WED. 1/21

Appetizer
Chef's Choice Soup
Mains
Pork Tenderloin Medallions
Shrimp Salad Sandwich
Sides
Brussel Sprouts, Applesauce, and Fingerling Potatoes



FRI. 1/23

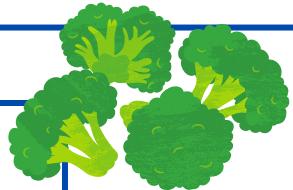
Appetizer
Caesar Salad
Mains
Seafood Scampi
Chicken Salad Sandwich (with Cranberries and Walnuts)
Sides
Broccoli



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

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



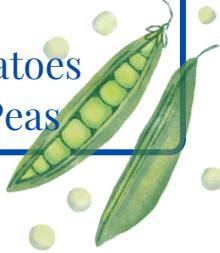
THURS. 1/22

Appetizer
Garden Salad
Mains
Kanya's Pad Thai with Chicken over Rice Noodles and Vegetables
Tuna Salad Roll
Sides
Coleslaw and Chips



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?

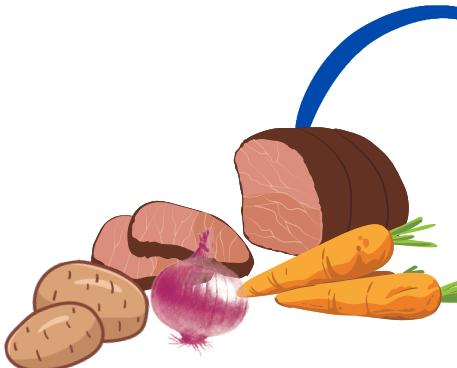


Unsure? Come to activities for the answer!

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.