



JAN 25- JAN 31



# LUNCH MENU

**SUN. 1/25**

**Appetizer**

Corn Chowder

**Mains**

Creamy Pesto Spaghetti  
w/Meatballs

Tuna Salad on Rye

**Sides**

Mixed Vegetables

**MON. 1/26**

**Appetizer**

Winter Harvest Soup

**Mains**

Roasted Whole Chickens  
Ham and Swiss Sandwich

**Sides**

Buttered Carrots, Stuffing,  
Cranberry Sauce, and  
Gravy

**TUES. 1/27**

**Appetizer**

Chicken Noodle Soup

**Mains**

Shrimp or Vegetable Stir  
fry over brown rice

Turkey Sandwich  
w/Cranberry, lettuce,  
tomato, and red onion

**WED. 1/28**

**Appetizer**

Garden Salad

**Mains**

Beef Stew

Macaroni and cheese with  
stewed tomatoes

Deli sandwich

**Sides**

Dinner roll, and Broccoli



**THURS. 1/29**

**Appetizer**

Caesar Salad

**Mains**

Chicken Marsala  
Roast beef and Swiss  
sandwich

**Sides**

Pasta, Asparagus, and Chips



**FRI. 1/30**

**Appetizer**

Chef's Choice Soup

**Mains**

Shrimp in a white wine  
butter sauce over polenta

Ham and Swiss

**Sides**

Sauteed Spinach, and chips

**SAT. 1/31**

**Appetizer**

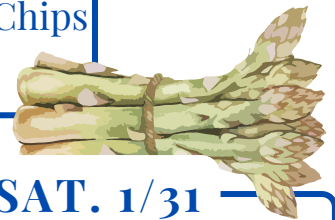
Beet Salad

**Mains**

Lasagna w/Sausage  
Egg Salad Sandwich

**Sides**

Garlic Bread and Brussel  
Sprouts

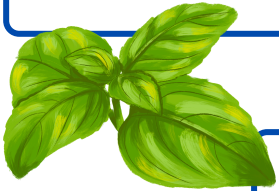


**Check out  
the back  
for food  
facts!!!**

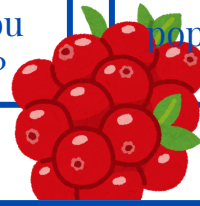
JAN 25- JAN 31

# FOOD FACTS

Pesto which is primarily made of Basil was used by sailors to fight scurvy because of the high vitamin C and antioxidants content. While basil is the traditional way to create pesto there are many variations that include tomato and almonds.



**Canned or Fresh?**  
Cranberry sauce is made a few different ways and in 1912 Ocean Spray developed the iconic canned cranberry sauce. Canned cranberry sauce makes up 75% of cranberry sales, making it most preferred by consumers. Which do you prefer fresh or canned?



Stir frying was developed in China approximately 1,500 years ago. It became a very popular way to cook as it saved fuel and fuel was very expensive. It was brought over to America during the gold rush but didn't gain popularity here until post WWII.

Modern beef stew is traced back to 14<sup>th</sup> century France. The word stew comes from the old French word estuver meaning to bathe in hot water. The overall concept of stewing dates back to the paleolithic era and was a staple in medieval Europe for peasants.

While chicken marsala can be found on most menus at Italian-American restaurants the dish is actually not that common in Italy. The dish is believed to have a French history being developed in Sicily in the 19<sup>th</sup> century. While today it is common to see chicken, the dish was authentically made with Veal.



Polenta is an Italian comfort food made from boiled cornmeal. Polenta is served many ways to include cooled, warm and creamy, or fried/baked. It was referred to as "the bread of the poor". In northern Italy it became a main source of food for peasants as it was relatively inexpensive.



**Trivia Time!**  
In ancient cultures including Rome. Beets were a symbol and often used in potions. What symbol were they?

Unsure?  
Come to activities for the answer!