

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

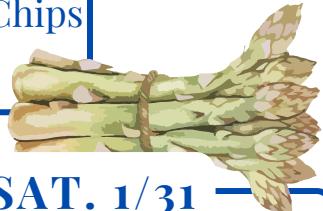
Mains

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

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

SAT. 1/31

Appetizer

Beet Salad

Mains

Lasagna w/Sausage

Egg Salad Sandwich

Sides

Garlic Bread and Brussel
Sprouts

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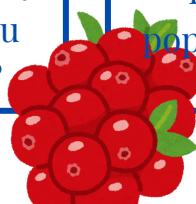
FOOD FACTS

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.



Modern beef stew is traced back to 14th 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.

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?

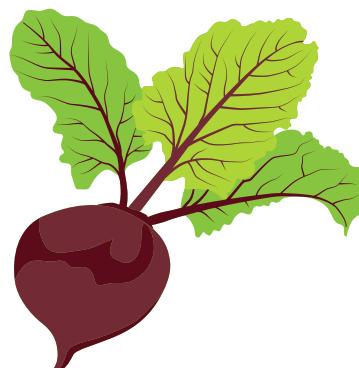


Stir frying was developed in China approximately 1,500 years ago. It became a very popular way to cook as it saved fuel and fuel was very expensive. It was brought over to America during the gold rush but didn't gain popularity here until post WWII.

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 19th 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!