

# jan 04- jan 10

## SUPPER MENU

**SUN. 01/04**

### **Mains**

Maked Beans Hot  
Dog

Veggie Casserole  
Egg Salad Sandwich

### **Sides**

Fresh Fruit

**MON. 01/05**

### **Appetizer**

Beef, Barley & Potato  
Soup

### **Mains**

Welsh Rarebit  
Deli Sandwich

### **Sides**

Fresh Fruit

**TUES. 01/06**

### **Appetizer**

Soup of the Day

### **Mains**

Chicken and  
Dumplings  
Ham Italian Wrap

### **Sides**

Fresh Fruit

**WED. 01/07**

### **Appetizer**

Soup of the Day

### **Mains**

Beef Stew & Biscuit  
Turkey, Bacon, Ranch  
Sandwich

### **Sides**

Fruit & Cottage Cheese

**THURS. 01/08**

### **Appetizer**

Chef's Choice Soup

### **Mains**

Salmon Wiggle  
over Potatoes & Peas  
Deli Sandwich

### **Sides**

Fresh Fruit

**FRI. 01/09**

### **Appetizer**

Garden Salad

### **Mains**

Shepherd's Pie  
Turkey, Bacon, Cheese  
Sandwich

### **Sides**

Fresh Fruit

**SAT. 01/10**

### **Appetizer**

Soup of the Day

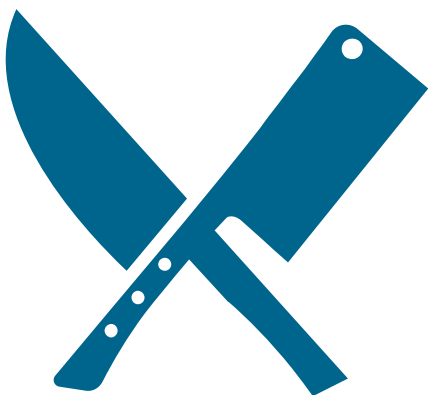
### **Mains**

American Chop Suey  
Egg Salad Sandwich

Plate

### **Sides**

Fresh Fruit



# jan 04- jan 10

# FUN FOOD

# FACTS

**SUN. 01/04**

## **BAKED BEANS**

Puritan settlers learned from Native Americans how to “stew” certain types of native legumes. They added salt pork and molasses making this dish hearty and inexpensive. Saturday night became known for this dish as it could be started on Saturday and consumed on Sunday to avoid cooking on the Sabbath.

**MON 01/05**

## **WELSH RAREBIT**

If your mind translated Rarebit to Rabbit, you aren’t alone. Welsh Rabbit was an English Joke as a way of poking fun at poor English coal miners who couldn’t afford rabbit so they used cheese and beer as a substitute to get by. Later the name was changed to Rarebit to be less derogatory.

**TUE 01/06**

## **CHICKEN DUMPLINGS**

German and French Canadian immigrants were masters of stretching ingredients and filling the belly. The dumpling derives from the same two German technique that gives us spetzle and knoedel. This dish first appears in an 1836 cookbook using suet, flour, milk and butter for the dumplings.

**WED 01/07**

## **BEEF STEW**

Beef stew may very well be the **OLDEST DISH ON EARTH**, as the technique can be traced back millenia. It was first recorded in ancient Greece and also appears in the first known Roman Cookbooks in the first century A.D. Beef stew became the most consumed food in Europe during the Middle Ages.

**THU 01/08**

## **SALMON WIGGLE**

This dish has its origin in the seasonal salmon runs of the New England freshwater rivers. It is thought that Abigail Adams served this dish on the very first July 4<sup>th</sup>, 1776. It was revived in the depression when canned salmon was one of the cheapest proteins you could find. “Wiggle” is thought to refer to how fast the dish comes together.

**FRI 01/09**

## **SHEPHERD’S PIE**

Shepherd’s pie has likely been around for more than 1000 years. Our version originates in Wales and Ireland and was commonly called Cottage Pie because it was the staple of the poor Irish farmers who lived in tiny little hovels not big enough to call a “proper house”. Potatoes were added to this meat pie in the 1600s.

**SAT 01/10**

## **AMERICAN CHOP SUEY**

Our “CHOP SUEY” comes from the cantonese words “tsap seui”, which means leftovers. This dish was common in Chinese railroad camps and became famously popularized after a visit by a Chinese diplomat in 1896 named Li Hongzhang. When the dish reached the Eastern shores of New England cities, it was combined with the Italian American influence and the rice noodles were replaced with pasta giving us our modern-day dish.