



JAN 11 - JAN 17



SUPPER MENU

SUN. 1/11

Appetizer

Clam Chowder

Mains

Baked beans & Hot
dogs

Sides

Brown bread
Fruit

MON. 1/12

Appetizer

Soup of the day

Mains

Quiche Lorraine
Deli Sandwich

Sides

Brussel Sprouts
Fruit

TUES. 1/13

Appetizer

Minestrone Soup

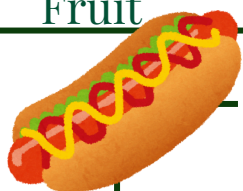
Mains

Grilled cheese w/ Bacon
& Tomato

Deli Sandwich

Sides

Cottage Cheese w/ Fruit



WED. 1/14

Appetizer

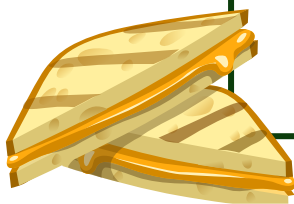
Soup of the Day

Mains

Stromboli w/ Spinach &
Ricotta or Ham & Swiss

Sides

Roasted Broccoli



THURS. 1/15

Appetizer

Soup of the Day

Mains

Patty Melt Sandwich
Deli Sandwich

Sides

Chips & Pickles



FRI. 1/16

Appetizer

Tomato Soup

Mains

Grilled Turkey & Cheese
or Grilled Cheese

Sides

Cottage Cheese &
Cucumbers or Fruit

SAT. 1/17

Appetizer

Chef's Salad

Mains

Cabbage Rolls w/
Marinara
Turkey and Swiss Wrap

Sides

Rice & Corn

Check out
the back
for food
facts!!!

JAN 11 – JAN 17

FOOD FACTS

Bean suppers originated in logging camps. Often Referred to as Maine Beanhole suppers, they used pit cooking with hot coals to slow cook large pots of beans overnight for weekend meals.

Quiche is not originally French, instead it is German coming from the word Kuchen meaning cake.

Trivia Alert!
Where was the largest Quiche made?
Unsure? See activities

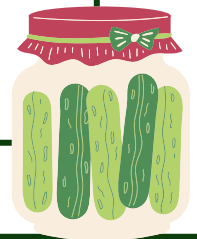
Did you Know....
There is no recipe for Minestrone soup. It Changes with the seasons and what vegetables are on hand, making it a very versatile dish.



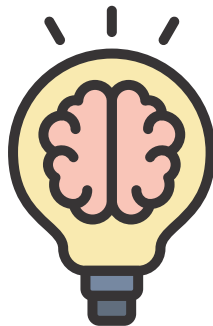
Despite the Italian name, Stromboli is an American dish originating in the 1950s out of Philadelphia. It is a blend of Italian ingredients and American Tastes.

Trivia Alert!
Which play written by Shakespear used the term “in a pickle” meaning a bad situation?

Unsure?
See Activities



Cottage cheese referred to as the “meat saver” in WW1 is packed with protein keeping you fuller for a longer period of time. It is also rich in calcium making cottage cheese a great choice for strong bones.



The More you know!

How long ago?!?
The concept of wrapping food in leaves dates back to the stone age with cabbage rolls potentially originating from the middle east or ancient Rome.