

FEB 15 - FEB 21



SUPPER MENU

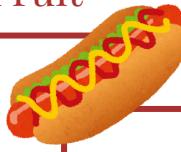
SUN. 2/15

Mains

The World Famous
PMH Hot Dog and Bean
Supper
or BLT Salad with
Ranch

Sides

Fruit



MON. 2/16

Appetizer

Lentil Soup

Mains

Macaroni and Cheese with
Ground Beef
Deli Sandwich

Sides

Stewed Tomatos and Fruit

TUES. 2/17

Appetizer

Cucumber Dill Dalad

Mains

Turkey Divan Casserole
Grilled Cheese with Tomato
Sandwich

Sides

Fruit

WED. 2/18

Appetizer

White Bean and Vegetable
Soup

Mains

Tuna Salad Roll

Greek Salad

Sides

Fruit



THURS. 2/19

Appetizer

Broccoli and Cauliflower
Soup

Mains

Chicken Salad on a Salad
or Sandwich

Sides

French Fries with Gravy



FRI. 2/20

Appetizer

Chef's Choice Soup

Mains

Vegetable Quiche

Ham and Cheese Quiche

Sides

Roasted Cauliflower

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

SAT. 2/21

Appetizer

Split Pea Soup

Mains

Egg Salad Sandwich

Chef's Salad

Sides

Fruit

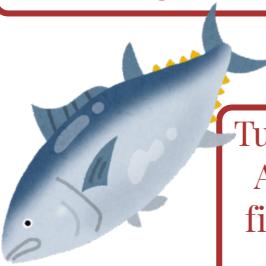
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FOOD FACTS

Ranch dressing was created in the early 1950s at a ranch in California called Hidden Valley Ranch. Before it was sold in bottles it was sold in packets to be mixed in mayonnaise at home. Those packets can still be bought today, but many prefer the already mixed and ready to go version.

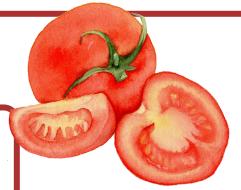
Looking for a little bit of luck? Eating stewed tomatoes and black-eyed peas on New Years Day is said to bring good luck and wealth! If it doesn't bring any luck it will definitely bring some nutrients and flavor. Stewed tomatoes are a great source of Vitamin C and A.

Turkey Divan is a casserole dish created in New York City at a restaurant located in the Chatham hotel. While today the dish is often made with turkey the traditional dish was actually chicken divan. Many traditional recipes for the dish have a secret ingredient. It's curry powder! to give the sauce a little more flavor.

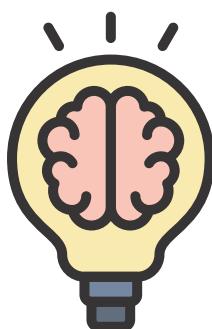


Tuna salad became popular in America around 1907. It was first used as a simple dish to mix leftover fish with mayonnaise. In the 1930s canned tuna became a popular item and was used to make the tuna fish sandwich. In World War II the tuna fish sandwich was listed as a basic food item by the U.S. government.

French fries with gravy is a variation of a Canadian staple "Poutine". Poutine consists of French fries, gravy and cheese curds. An authentic Poutine dish will have fresh cheddar cheese curds that make a squeaking sound when eaten. While originally from Canada this is a meal loved across the world!



Quiche is not originally French, it is actually German coming from the word Kuchen meaning cake. The traditional way the dish was made was without cheese, which we often see today. Instead it consists of only bread dough, eggs and cream.



The More you know!

Split pea soup dates back to ancient Greece and Rome. The soup was made from dried split peas which are one of the oldest cultivated crops. Evidence of their cultivation goes as far back as 7800 BC. It's been a dish on menus since 4th or 5th BC!