



FEB 8 - FEB 14



SUPPER MENU

SUN. 2/8

Appetizer

White Bean Chili

Mains

Moussaka

Roast Beef or Turkey

Sandwich

Sides

Fruit Dish



MON. 2/9

Mains

Hot Dog on a Bun

Chef Salad with Bacon

Crumbles and Egg

Sides

Buttered Corn, Baked
Beans, Fruit, and Cottage
Cheese

TUES. 2/10

Mains

Vegetable Noodle Soup with

Half Deli Sandwich

Shepards Pie

Sides

Fruit Dish

WED. 2/11

Mains

Chili

Grilled Turkey and Cheddar
Sandwich

Sides

Cornbread, Mixed
Vegetables, and Fruit Dish

THURS. 2/12

Appetizer

Tomato Soup

Mains

Grilled Cheese on Wheat

Bread with Bacon

Garden Salad with Deli

Meat

Sides

Fruit Dish



FRI. 2/13

Appetizer

Carrot Apple Ginger Soup

Mains

Croque Monsieur Sandwich

Chef's Salad

Sides

Fruit Dish with Cottage
Cheese



SAT. 2/14

Appetizer

Beef and Barley Soup

Mains

Tortellini with Cream Sauce

Greek Salad

Sides

Broccoli and Fruit

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

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FOOD FACTS

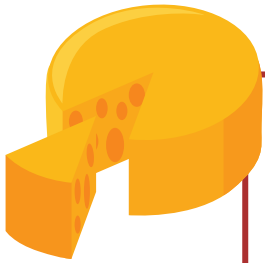
What Is It?

Moussaka is a Mediterranean Casserole. Primarily composed of layered eggplant, minced meat, and tomatoes, topped with a creamy bechamel sauce. Traditionally this dish is served either at room temperature or cold.

Did you know corn is grown on every continent except for Antarctica. No matter the size or variety of corn they always contain an even number of rows. Corn is used in over 3,500 products. It's great for more than just eating!

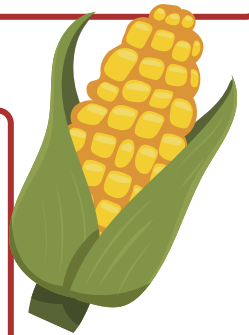
Shepard's Pie Vs. Cottage Pie

Shepard's pie is made with lamb while cottage pie is made with beef. Neither of these is actually a true pie because it lacks a bottom pastry and is actually considered a casserole.

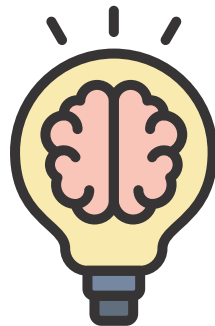


Cheddar Cheese originated in the village of Cheddar in Somerset, England. King Henry II was a big fan of Cheddar cheese and bought vast amounts for royal banquets. The bright orange color many associate with cheddar cheese is not natural and actually just added coloring.

Wheat Bread dates back to 6000 BCE in ancient Egypt and Mesopotamia. In Ancient Greece Wheat was so valuable that it was actually used as currency. While it might not be a money maker today it is rich in fiber, vitamins, and minerals making it a valuable addition to your diet.



The croque monsieur is a hot ham and cheese sandwich. The name translated is "mister crunch". Croque comes from croquet meaning "to crunch" and Monsieur means mister. Croque Monsieur is considered a gentleman's sandwich, the "Madame version typically adds a fried or poached egg on top!"



The More you know!

Beef and barley soup originated in Scotland and Ireland. It was often a hearty meal for laborers. However, it was a staple for both peasants and leaders in early America and has been enjoyed for thousands of years overall.