



FEB 22 - FEB 28



SUPPER MENU

SUN. 2/22

Mains

Hot Dogs on Toasted Bun

Mixed Green Salad

Sides

Baked Beans, Cornbread Scallion Muffin, and Fruit

MON. 2/23

Appetizer

Chef's Choice Soup

Mains

Reuben Sandwich

Cucumber Salad

Sides

French Fries, and Fruit

TUES. 2/24

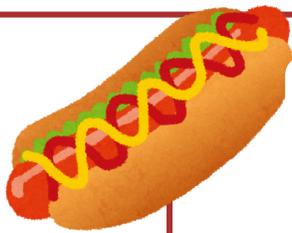
Mains

Open Faced Turkey Sandwich

Garden Salad

Sides

Gravy, Stuffing, and Carrots



WED. 2/25

Mains

Pork Stew

Deli Sandwich

Sides

Salad and Fruit



THURS. 2/26

Appetizer

Chef's Soup

Mains

Turkey Club Wrap

Turkey Club Salad

Sides

Cottage Cheese and Fruit



FRI. 2/27

Appetizer

Tomato Soup

Mains

Veggie or Bacon 3 Cheese Quiche

Salad Plate with Salami and Cheese

SAT. 2/28

Appetizer

Corn Chowder

Mains

Creamed Chicken Over a Biscuit

Greek Salad

Sides

Fruit

Check out the back for food facts!!!

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FOOD FACTS

Scallions which are often called green onions are high in nutrients. Scallions contain Vitamin K, Vitamin C, and are rich in antioxidants. In Chinese herbal medicine they are believed to help treat colds.



According to the Nebraska Historical Society the Reuben sandwich was created to feed late night poker players. It became a national favorite in 1956 when a former waitress used the recipe and won a sandwich competition.

Stuffing dates back to ancient times with the first recording being in 1700 B.C. It was originally invented to stuff inside the cavity of animals to absorb the juices. We carry that tradition a commonly stuffing a turkey for thanksgiving.

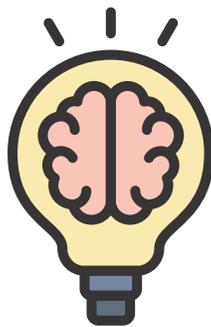
Pork Stew typically uses cheaper cuts of pork like the pork shoulder or butt because these cuts of meat when slow cooked become tender through the slow cooking process which breaks down the connective tissue. Some say pork stew is best served the next day as letting it sit allows for flavors to meld.



The turkey club is top five most popular sandwiches in the U.S. Today. Traditionally the Turkey Club was a triple decker meaning it has three slices of bread to allow for two sections of delicious filling.



Traditionally salami was created to keep meats safe to eat for long periods of time without refrigeration. Even though it appears “raw” salami is safe to eat freshly cut from the deli counter as it is cooked slowly through a curing process. Fun fact: pepperoni is actually a type of salami!



The More you know!

Creamed Chicken is a versatile dish that was traditionally served over toast, but is also well like served over biscuits, noodles, rice, or even in pastry shells. A popular Modern version of this dish is called “Marry me chicken” because it is so good that it will lead to marriage!