

FEB 15-FEB 21



# LUNCH MENU

**SUN. 2/15**

- Appetizer**  
Caesar Salad
- Mains**  
Meat Lasagna
- Chicken Salad on Toast**
- Sides**  
Parmesan Brussels Sprouts

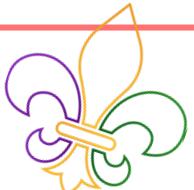


**MON. 2/16**

- Appetizer**  
Soup of the Day
- Mains**  
Sweet Sausage and Peppers over Polenta
- Egg Salad Sandwich on Wheat Toast**
- Sides**  
Petit Salad

**TUES. 2/17**

- FAT TUESDAY**
- Appetizer**  
Peachy Keen Salad
- Mains**  
Shrimp Etouffe over Basmati Rice
- Mardi Gras Muffaletta Sandwich**
- Sides**  
Green Beans
- Dessert**  
King Cake with a Prize!



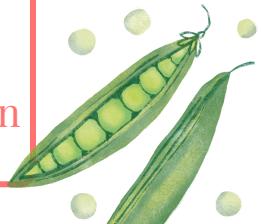
**WED. 2/18**

- Appetizer**  
Chef's Choice Soup
- Mains**  
Chicken Teriyaki over Brown Rice
- Ham and Swiss on Rye**
- Sides**  
Broccoli



**THURS. 2/19**

- Appetizer**  
Black Bean Soup
- Mains**  
Beef Tacos
- Turkey and Cheese on wheat**
- Sides**  
Corn Salad and Mexican Rice



**FRI. 2/20**

- Appetizer**  
Tomato Basil Salad
- Mains**  
Roasted Salmon with Lemon Herb Sauce
- Sides**  
Rice Pilaf and Butternut Squash

Check out  
the back  
for food  
facts!!!

**SAT. 2/21**

- Appetizer**  
Chef's Choice Salad
- Mains**  
Pot Roast
- Shrimp Salad Sandwich**
- Sides**  
Smashed Red Potatoes and Buttered Peas

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# FOOD FACTS

Authentic Parmesan Cheese is a strictly regulated Italian Cheese. It is aged anywhere between 12 and 18 months. When Parmesan cheese is ready it actually goes through an audio inspection where experts tap the wheels and identify cracks or voices in the cheese!

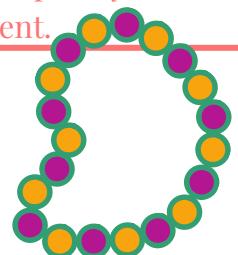
**Trivia Time!**  
What is the main ingredient in sweet sausage that gives it that signature taste?  
Still unsure?  
Come to activities for the answer!

Fat Tuesday also known in French term "Mardi Gras" is celebrated on the Tuesday before Ash Wednesday the beginning of Lent. Fat Tuesday is the last feasting and day of indulgence before the 40 day fasting season begins. The name Fat Tuesday refers to using up all the fatty and indulging foods and clearing out the pantry to start Lent.

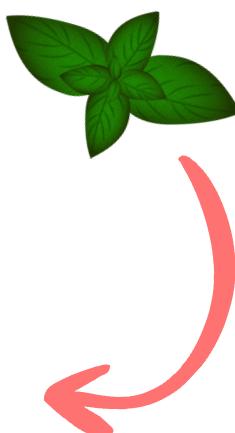


Teriyaki Sauce originated in Japan and was originally used to preserve and flavor fish. Traditional teriyaki sauce is slightly different than the teriyaki sauce we see today in the United States. Traditionally it is a little more salty and less viscous than what we typically find bottles on the shelves here.

**Did you know?**  
In Las Vegas, California there is a high-end resort that sells tacos for \$25,000! They cost so much because they are infused with gold, and you have to be staying in one of their presidential suites to order it.  
The World's Largest Taco was built in Mexico. It was 246 feet long and filled with Carnitas!



Basil has been grown and used for over 5,000 years. Basil has a large amount of varieties and can be used for so many things. In Italy a pot of Basil on the windowsill was a traditional sign that a woman was ready to receive a suitor. Egyptians used Basil for embalming and a number of other remedies.



Baked red potatoes are great for blood pressure. They actually contain more potassium than a banana and are a good source of fiber as well. Maybe this is why they were the first vegetable grown in space in 1995!

