



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

EAT TUESDAY

TUES. 2/17

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

SAT. 2/21

Appetizer

Chef's Choice Salad

Mains

Pot Roast

Shrimp Salad Sandwich

Sides

Smashed Red Potatoes and

Buttered Peas

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

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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?

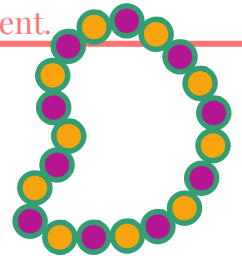
Still unsure?
Come to activities for the answer!

Fat Tuesday also known in its 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.



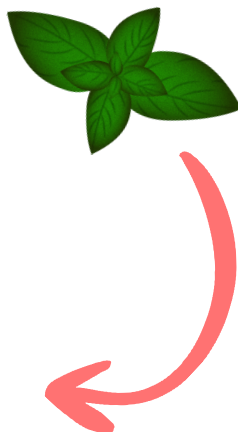
Teriyaki Sauce originated in Japan and was originally used to preserve and flavor fish. Traditional teriyaki sauce is slightly different than the teriyaki sauce we see today in the United States. Traditionally it is a little more salty and less viscous than what we typically find bottles on the shelves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