



FEB 8-FEB 14



LUNCH MENU

SUN. 2/8

Appetizer

Farro Salad

Mains

Ham Boiled Dinner

Turkey Salad Sandwich

Sides

Cabbage, Onions, Potatoes,
and Carrots

MON. 2/9

Appetizer

Chef's Choice Soup

Mains

Spaghetti with Sausage

Tomato Sauce

Chicken Salad on Toast

Sides

Garlic Bread, Delicata
Squash, and Chips

TUES. 2/10

Appetizer

Garden Salad

Mains

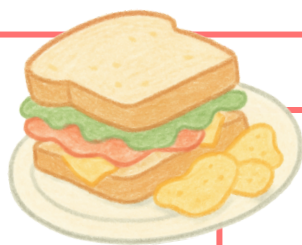
Shrimp Newburg over Rice

Ham and Swiss on Wheat

Bread

Sides

Buttered Peas, and Chips



WED. 2/11

Appetizer

Caesar Salad

Mains

Chicken Piccata

Tuna Salad Sandwich

Sides

Roasted Red Potatoes,
Balsamic Brussel Sprouts,
and Chips

THURS. 2/12

Appetizer

Chef's Choice Salad

Mains

Beef Bourguignon

Ham Italian Wrap

Sides

Roll, Spinach, Chips and
Pickles



FRI. 2/13

Appetizer

Corn Chowder

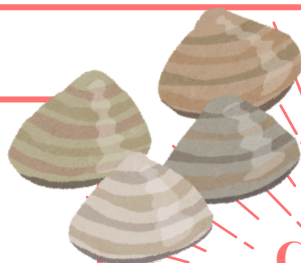
Mains

Linguini with Clam Sauce

Roast Beef Sandwich

Sides

Roasted Vegetables



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

SAT. 2/14

Appetizer

Chef's Choice Soup

Mains

Roasted Turkey Breast

Chicken Caesar Wrap

Sides

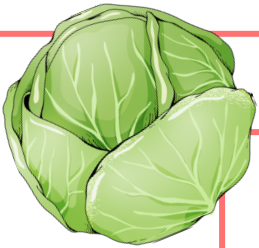
Mashed Potatoes, Gravy,
Cranberry Sauce, and
Mixed Vegetables

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FOOD FACTS

Did you know?

Ancient China used cabbage as a cure for male baldness. Babe Ruth also used cabbage for unconventional reasons and always kept a cabbage leaf under his cap to stay cool.



Garlic bread originated in Ancient Rome, and against many thoughts is not an Italian dish and hardly found there. The version we see today in the US was adapted by Italian immigrants around the 20th century

Shrimp Newburg is a variation of Lobster Newburg. The dish is Shrimp in a sauce made from butter, cream, sherry and egg yolks. The dish was invented by a sea captain and first served in a restaurant in New York.



Chicken Piccata features thinly pounded chicken cutlets in a tangy sauce made of lemon, butter, white wine, and capers. It is considered an Italian-American dish as typical Italian versions use veal instead.

Beef Bourguignon is a famous French stew which originally served as a peasant dish to utilize cheaper cuts of meat. It gained a lot of popularity when Julia Child famously called it “one of the most delicious beef dishes concocted by man”

Clam sauce originates from Southern Italy and became popular in America around the 19th century. Clam sauce has two variants either a white clam sauce or a red (tomato based) clam sauce. The dish happened to be Frank Sinatra favorite.



The earliest mentions found on gravy are from a 14th - century English Cookbook. Gravy comes in so many variations but the ideal ratio is 3 tablespoons of flour, 2 tablespoons of fat, and 1 cup of liquid. Boiling for two minutes to cook out the raw flour taste.