

FEB 22-FEB 28



# LUNCH MENU

**SUN. 2/22**

**Appetizer**

Garden Salad

**Mains**

Roasted Chickens

Deli Sandwich

**Sides**

Cranberry Sauce, Gravy,  
Green Beans, and Sweet  
potatoes

**MON. 2/23**

**Appetizer**

Quinoa Salad

**Mains**

Roasted Pork Tenderloin

Tuna Salad Roll

**Sides**

Confettie Rice and Mixed  
Vegetables

**TUES. 2/24**

**Appetizer**

Caesar Salad

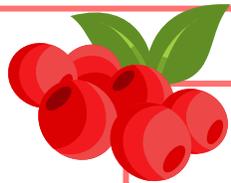
**Mains**

Spaghetti Bolognese

Chicken Club Wrap

**Sides**

Brussel Sprouts



**WED. 2/25**

**Appetizer**

Chef's Soup

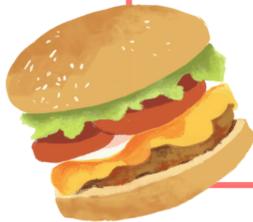
**Mains**

Cheeseburgers

BLT Salad

**Sides**

Coleslaw



**THURS. 2/26**

**Appetizer**

Lemon Herb Couscous  
Salad

**Mains**

Jambalaya with Chicken  
and Shrimp

Bologna and Cheese  
sandwich

**Sides**

Zucchini



**FRI. 2/27**

**Appetizer**

Soup of the Day

**Mains**

Mandarin Orange Chicken

BBQ kielbasa

**Sides**

Sweet Potato and Buttered  
Corn

**SAT. 2/28**

**Appetizer**

Beet Salad

**Mains**

Ham Dinner

Egg Salad Sandwich

**Sides**

Pineapple Fried Rice and  
Carrots

Check out  
the back  
for food  
facts!!!

# FEB 22- FEB 28

# FOOD FACTS

The cooking style of roasting chicken likely dates back to Roman times. It was a symbol of wealth during the renaissance era. To this day it remains a delicious way to prepare chicken in many homes!



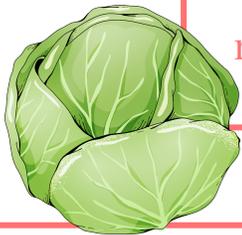
## What is it?

Confetti rice is a beautifully colored side dish typically consisting of rice and a mix of finely diced vegetables. The combination of colors gives it a confetti like appearance!

Spaghetti Bolognese is a popular pasta dish that consists of long thin pasta and a meat based sauce. Traditionally the Sauce is cooked slowly. The meat, vegetables, and liquids are simmered for 2-3 hours to develop flavor.



Cole Slaw dates back to ancient Rome and was brought to America in the 17<sup>th</sup> Century. There are a lot of variations of coleslaw and coleslaw dressing. One ingredient however remains consistent and that's cabbage.



There are two main styles of Jambalaya creole and Cajun.

Creole is a tomato based Jambalaya where Cajun does not use tomatoes and instead focuses on browning the meat for a more smokier flavor.

Orange chicken is an American-Chinese dish that was created in Hawaii. Originally the dish used bone-in chicken before it adapted to the now seen boneless chicken recipe. To achieve its signature texture the chicken is usually fried twice.



## Did you know?

Did you know that a pineapple is not a single fruit, it's actually dozens of berries that fuse together around a central core. They grow on plants and each plant only produces one pineapple at a time. The crown of the pineapple can be cut off and planted to grow a new pineapple!