



March 1-March 7



LUNCH MENU

SUN. 3/1

Appetizer

Chef's Choice Soup

Mains

Roasted Pork Loin with Gravy

Caesar Salad with Shrimp

Sides

Spiced Applesauce, Mashed Potatoes, and Butternut Squash

MON. 3/2

Appetizer

Indian Chickpea Salad

Mains

Lentil and Diced Chicken

Dahl over Rice

Tuna Salad on a bed of

Lettuce or Sandwich

Sides

Naan

TUES. 3/3

Appetizer

Chef's Choice Soup

Mains

Beef Pot Pie

Italian Salad Wrap

Sides

Broccoli



WED. 3/4

Appetizer

Vegetable Barley Soup

Mains

Chicken Alfredo over Spaghetti

Turkey Salad on Toast

Sides

Mixed Vegetables

THURS. 3/5

Appetizer

Israeli Couscous Salad

Mains

Swedish Meatballs over Mashed Potatoes

Shrimp Salad on a Roll or Bed of Lettuce

Sides

Brussels Sprouts



FRI. 3/6

Appetizer

Chef's Choice Soup

Mains

Seafood Scampi

Greek Salad Wrap

Sides

Mixed Vegetables

SAT. 3/7

Appetizer

Garden Salad with Herb

Ranch and Farro

Mains

Pot Roast

Tuna Salad on Toast

Sides

Sweet Potatoes and Buttered Peas

Check out the back for food facts!!!

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FOOD FACTS

Applesauce is a common side dish served typically with savory foods such as pork chops. While it makes for a delicious side dish it can also be used as a great substitution for butter, eggs, or oil when baking.

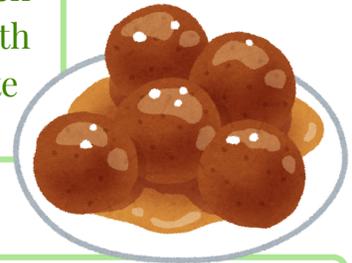


Chicken Dahl is a dish that dates back to ancient times in south Asia. This dish has been around for a while and has seen many variations, and remains a dish well loved. It's packed with nutritional value, packed with Iron, Calcium, Protein, and Fiber.

During Medieval times the pastry shell we now consume as part of the "pot pie" dish was referred to as a coffin. They referred to it as such because it was not only thick and crusty in texture and appearance, but also because it was never intended for consumption but rather to preserve the meat inside.

Chicken Alfredo was created in Rome in 1908 by restaurateur Alfredo Di Leilo. However, the dish was not created as a restaurant dish. He actually created the dish in an attempt to help his pregnant wife regain her appetite.

The secret ingredient to creating the perfect meatball, is using milk soaked breadcrumbs or mashed potatoes mixed into the meat. This is done to keep the meatballs tender. Often they are also seasoned with nutmeg, allspice, or white pepper.



Typically we see Scampi prepared over pasta. However, Traditionally scampi is served with just bread. Scampi doesn't refer to the meal so much as it refers to the way in which the cooking is done. Scampi is a cooking style that means to saute crustaceans in garlic, butter, and white wine.



What is it?

Farro is a nutrient-dense grain that has a nutty flavor and a chewy texture. It contains great sources of protein, fiber, magnesium, and zinc. Farro was often a staple in the Roman army because of its durability and nutritional value.