



March 8 - March 14



# SUPPER MENU

**SUN. 3/8**

**Mains**

Hot Dogs

Chef's Soup with Half a Deli Sandwich

**Sides**

Baked Beans and Homemade Maple Bread



**MON. 3/9**

**Appetizer**

Lentil Soup

**Mains**

Grilled Cheese with Bacon (or Plain)

Tuna Salad Plate or Sandwich

**Sides**

Fruit Dish

**TUES. 3/10**

**Appetizer**

Potato and Chive Soup

**Mains**

Cobb Salad

Half a Deli Sandwich

**Sides**

Fruit

**WED. 3/11**

**Appetizer**

Cream of Asparagus Soup

**Mains**

BLT Sandwich or as a Salad

Grilled Cheese on Wheat

**Sides**

Fruit

**THURS. 3/12**

**Appetizer**

Gumbo Soup

**Mains**

Ham and Cheddar

Sandwich on Grilled French Bread

Greek Salad Plate with Bacon and Feta

**Sides**

Fruit



**FRI. 3/13**

**Appetizer**

Chef's Choice Soup

**Mains**

Patty Melt Sandwich

Chef's Salad with Blue Cheese and Red Wine Vinaigrette

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

**SAT. 3/14**

**Appetizer**

Vegetable Farro Soup

**Mains**

Macaroni and Cheese with Stewed Tomatoes

Green Goddess Turkey

Salad Wrap

**Sides**

Fruit



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# FOOD FACTS

Maple syrup serves as a replacement for sugar or honey in bread keeping that natural sweetness in the bread. When making Maple bread it is best served warm as it enhances the warm and cozy flavors!



Lentils date back to about 11,000 BC making them one of the first crops cultivated by humans. Just one cup of lentil soup provides roughly 18 grams of protein making it a very healthy options especially amongst individuals who do not consume meat.

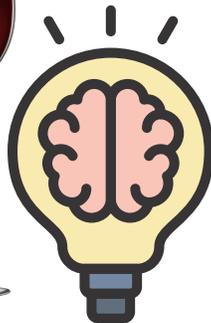
Potato and chive soup while traditionally served hot is also commonly served cold in the summer months. When served chilled it is known as Vichyssoise, which was created in the 1920s at the Ritz Hotel in New York City.



Cream of Asparagus soup is a classic European dish featuring asparagus, broth and dairy. The dish is packed with vitamins A, C and K as well as fiber and iron making it a highly nutritious option.

Gumbo is a rich Louisiana stew. The bas of gumbo is three key ingredients. Celery, bell peppers, and onions. While considered a stew the consistency of gumbo can vary with some styles being on the thinner side and some on the thicker side.

Red wine gets its color from soaking in grape skins during fermentation. Older red wines become lighter in color due to the break down process. While not a typical practice it is possible to make white wine from red grapes when you remove the skins early enough.



## The More you know!

Cooking tomatoes breaks down the cell walls which allows for the release of more antioxidants actually making them better for heart and skin health. Adding fat such as olive oil to the stewed tomatoes enhances the bodies ability to absorb the nutrients better.