



March 15 - March 21



# SUPPER MENU

**SUN. 3/15**

**Appetizer**

Corn Chowder

**Mains**

Hot Dog on a Bun  
Toasted Cheddar and  
Tomato Sandwich

**Sides**

Baked Beans and Fresh  
Brown Bread

**MON. 3/16**

**Appetizer**

Lemon Dill Orzo Salad

**Mains**

Creamed Chicken over a  
Biscuit

Deli Sandwich

**Sides**

Vegetable Medley and Fruit

**TUES. 3/17**

**Appetizer**

Tomato and Rice Soup

**Mains**

Turkey and Cucumber  
Sandwich with Herb Cream  
Cheese

**Sides**

Roasted Vegetable Medley,  
and Fruit

**WED. 3/18**

**Appetizer**

Vegetable Soup

**Mains**

Chef's Choice Quiche  
Grilled Turkey and Swiss  
Sandwich on Rye

**Sides**

Chips

**THURS. 3/19**

**Appetizer**

White Bean Soup

**Mains**

Bologna and Cheese Sandwich  
on Wheat Italian Bread with  
Cheese, Lettuce, Tomato, and  
Dijon Mayonnaise

Chef's Salad with Turkey or

Ham

**Sides**

Fruit



**FRI. 3/20**

**Appetizer**

Chef's Choice Soup

**Mains**

Pork Stirfry over Brown  
Rice

Antipasto Salad Wrap

**Sides**

Fruit, Chips, and Pickles

**SAT. 3/21**

**Appetizer**

Chef's Choice Soup

**Mains**

Chickan Divan Casserole  
Grilled Ham and Cheese  
Sandwich

**Sides**

Chips and Pickles



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

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# FOOD FACTS

While chowder has traditional French roots, corn chowder is an American dish that was made popular in New England. Corn chowder is best served the day after it is made as it allows the flavors to meld together.

## Did You Know?...

Biscuits were the first food at the South Pole, and in the 19<sup>th</sup> century they were used as durable, edible postcards.

Tomato soup is a very health dish. One coup of this soup can provide over 40 percent of your daily vitamin C suggested intake. The healthy fats often added to this dish such as olive oil and butter help the body absorb more nutrients from the soup. Tomato soup is also high in potassium making it a heart-healthy choice as well.



The holes in Swiss cheese are not created by a machine or man instead they are a natural part of the fermentation process. The holes are caused by the release of carbon dioxide from bacteria as the cheese ages. The USDA actually has strict regulations on how big these holes can be to determine if it is suitable cheese or not.

Lettuce is a member of the sunflower family and has been produced for over 6,000 years originally by ancient Egyptians. Lettuce is the second most popular fresh vegetable in the U.S. (Potatoes are number 1). It is estimated that on average Americans consume 30lbs of lettuce annually.

**The Bouce Rule**  
In 1948 Connecticut food and drug commissioner Frederick Holcomb claimed that for a pickle to be considered official it had to bounce.



**Meal Times**  
**Breakfast: 7:30 - 8:15**  
**Lunch: 11:30 - 12:30**  
**Cottagers Pick Up 12:00**  
**Supper 4:30 - 5:30**



Chicken Divan originally created in the 1950s at Divan Parisienne Restaurant in New York City was considered a fancy dish. This dish was often used to entertain guest and was a favorite of Julie Eisenhower to Celebrate her dads birthday.