



March 29 - April 4



SUPPER MENU

SUN. 3/29

Appetizer

Chef Kanya's Soup of the Day

Mains

Plant Home's Worl-Famous
Sunday Hotdog Meal
Chef Salad or Deli Sandwich

Sides

Baked Beans, Brown Bread,
Buttered Corn

MON. 3/30

Appetizer

French Onion Soup

Mains

Egg Salad Sandwich
BLT Salad

Sides

Petit Salad and Fruit

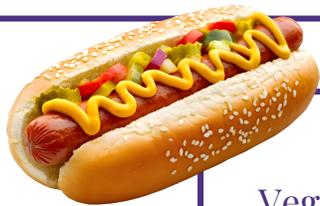
TUES. 3/31

Appetizer

Carrot Apple Soup

Mains

Mandarin Orange
Chicken Salad
Grilled Ham and Cheese



WED. 4/1

Appetizer

Vegetable Barley Soup

Mains

Tuna Salad on a Roll or as a
Salad
Diced Salami and Cheese
Chef Salad

Sides

Cottage Cheese and Fruit

THURS. 4/2

Appetizer

Chef's Choice Soup

Mains

Pork Stir Fry
Ham and Cheddar on Toast

Sides

Fruit and Brown Rice



FRI. 4/3

Appetizer

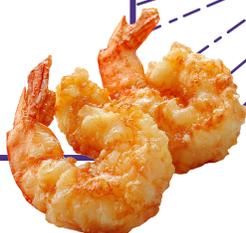
Chef's Choice Appetizer

Mains

Hearty Thai Coconut
Shrimp Soup
Deli Sandwich or Salad by
Request

Sides

Fruit



SAT. 4/4

Appetizer

Corn Chowder

Mains

American Chop Suey
Chef Salad
Sides
Cottage Cheese, and fruit

Check out
the back
for food
facts!!!

March 29 - April 4

FOOD FACTS

Hot dogs are a classic and loved by many. Roughly 7 billion hot dogs are consumed between memorial day and labor day! Hot dogs are also NASA approved, and have been enjoyed in space. Apollo 7 astronauts enjoyed the on the way to the moon!

French onion soup is a rich, caramelized onion-based broth topped with bread and melted cheese. It was introduced to America in 1861 at Henri Mouquin's restaurant in New York. It became a cultural icon in the 1960s when Julia Child made french cuisine very popular.

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.



Traditionally salami was created to keep meats safe to eat for long periods of time without refrigeration. Even though it appears "raw" salami is safe to eat freshly cut from the deli counter as it is cooked slowly through a curing process. Fun fact: pepperoni is actually a type of salami!

Traditionally, a stir-fry uses a very small amount of meat. Sometimes just a golf ball sized amount to flavor a large amount of vegetables. Almost anything can be stir-fried including cucumber and lettuce.



Coconuts are classified as drupes. Fleshy fruits with a stony pit, very similar to peaches or cherries. In World War II coconut water was sometimes used as an emergency substitute for blood plasma.



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

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.