



March 22-March 28



LUNCH MENU

SUN. 3/22

Appetizer

Mixed Green Salad with
Maple Bacon Vinaigrette

Mains

Roasted Turkey with Gravy
Egg Salad with Dill or Deli
Meat Sandwich on Rye

Sides

Cranberry Sauce, Stuffing,
and Butternut Squash

MON. 3/23

Appetizer

Caesar Salad

Mains

Beef Lasagna
Turkey Salad on
Sourdough Toast or on a
Bed of Lettuce

Sides

Vegetables and Garlic
Bread

TUES. 3/24

Appetizer

Chef's Choice Soup

Mains

Chicken Thighs in Garlic
Parmesan Sauce
Roast Beef and Cheddar on
Sourdough Toast

Sides

Mashed Potatoes and
Buttered Peas



WED. 3/25

Appetizer

Corn Chowder

Mains

Beef Burgundy Style Pot Pie
Large Chef Salad with
Lemon Poppy Seed
Dressing

Sides

Cauliflower

THURS. 3/26

Appetizer

Chef's Choice Soup

Mains

Seared and Roasted Pork
Tenderloin with a Caribbean-
Style Sauce and Pineapple
Tuna Salad Sandwich

Sides

Mashed Sweet Potatoes and
Spinach



FRI. 3/27

Appetizer

Wedge Salad

Mains

Salmon with Chimichurri
Sauce and Citrus Rice
Turkey and Swiss Wrap

Sides

Green Beans



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

SAT. 3/28

Appetizer

Chef's Choice Soup

Mains

Roasted Whole Chickens
with Orange Cranbury Sauce
Greek Salad with Ham and
Chickpeas

Sides

Brussel Sprouts, Mashed
Potatoes, and Gravy

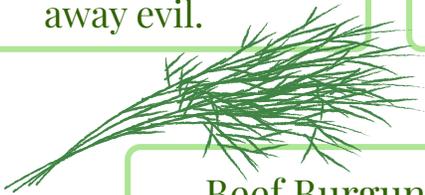
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FOOD FACTS

Dill is a versatile herb that originates from the Mediterranean. Ancient Romans and Greeks viewed Dill as a sign on prosperity and wealth. While during the Middle Ages people hung dill in the door ways to keep away evil.

Sourdough is one of the oldest leavened breads dating back over 5,000 years ago. The started is a living culture of yeast and bacteria. Starters can live for centuries and are often passed down from generation to generation.

Parmesan is a lactose-free very nutritional cheese option. It is one of the only cheeses approved for space by NASA. Authentic Parmesan cheese is strictly regulated and can only be produced in certain Italian Provinces.



Beef Burgundy is a traditional French style stew. Originating in the 19th century as a peasant dish to tenderize tougher meat, it became popular by Julia Child in 1961.

Pork Tenderloin is a very lean and fast cooking cut of pork. It is often referred to as the “filet mignon” of pork and is a cut that comes from the inner back bone usually weighing no more than a pound.



Wedge Salad is a classic steak house staple that was created in the 1930s. The salad is designed to be eaten with a knife and fork and is defined by the contrast of textures and flavors. Typically pairing cool lettuce with savory bacon and blue cheese.

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

Chickpeas date back over 10,000 years and are a nutrient-dense legume. They also come in a variety of colors including beige, red, black, and green. The leaves of chickpeas also contain a natural acidic insecticide repelling bugs.