



March 8-March 14



# LUNCH MENU

**SUN. 3/8**

**Appetizer**

Caesar Salad

**Mains**

Spaghetti with Meat Sauce

Turkey Club Wrap

**Sides**

Garlic Bread, Butternut

Squash, and Pickles

**MON. 3/9**

**Appetizer**

Garden Salad

**Mains**

Chicken Florentine

Ham and Cheese on Wheat

Toast

**Sides**

Orzo, Buttered Corn, and

Pickles

**TUES. 3/10**

**Appetizer**

Chef's Choice Soup

**Mains**

Beef Stirfry over Brown

Rice

Egg Salad on a Roll

**Sides**

Mixed Stirfry Vegetables,

and Pickles



**WED. 3/11**

**Appetizer**

Vegetable Soup

**Mains**

BBQ Ribs

Chicken Salad Sandwich or

Salad

**Sides**

Macaroni and Cheese, and

Mixed Vegetables

**THURS. 3/12**

**Appetizer**

Beet Salad

**Mains**

Meatloaf

Turkey and Swiss on Rye

**Sides**

Carrots, Mashed Sweet

Potatoes, and pickles



**FRI. 3/13**

**Appetizer**

Caesar Salad

**Mains**

Cod with Piccata

Italian Style Bologna and

Salami Sandwich

**Sides**

Roasted Red Potatoes and

Acon Squash

**SAT. 3/14**

**Appetizer**

Arugula Salad

**Mains**

Roasted Ham

Roast Beef and Cheddar

Sandwich

**Sides**

Baked Potatoes and

Buttered Peas

Check out  
the back  
for food  
facts!!!

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## FOOD FACTS

Caesar Salad was invented in Mexico during Prohibition in the US. American tourists were looking for food and alcohol. Today the Caesar is considered one of the most ordered salads globally.

Chicken Florentine is a French- inspired American dish. The dish became very popular in the 1930s in the U.S. During the 1960s and 70s the dish was often made and sometimes was made using canned mushroom soup.

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.

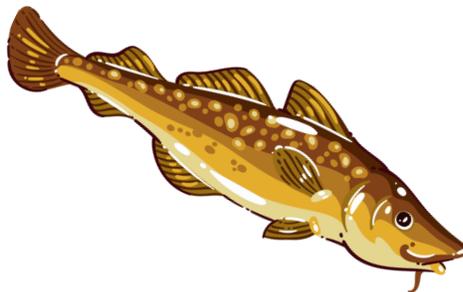


Properly cooked ribs should not fall off the bone. In fact properly cooked ribs should have some resistance and pull away cleanly with your teeth. Bbq Ribs also are not just for summer, National Ribs day is September 3rd.

Meatloaf in the late 19<sup>th</sup> century was often eaten for breakfast rather than dinner. Meatloaf was considered a depression-era staple to stretch budgets. Today traditional meatloaf is still regularly prepared however, We see many variations to include different meat components



Vikings caught cod as early as the 700s, and it was a staple for early European settlers in North America. Piccata is an Italian sauce of lemon, butter, and capers. Traditionally the dish used veal but the sauce pairs perfectly with cod.



Arugula is related to broccoli and cabbage not lettuce. Arugula has many places in a variety of recipes and is a nutrient dense addition to all. Arugula contains high amounts of vitamins A, C, and K.