



March 15-March 21



# LUNCH MENU

**SUN. 3/15**

**Appetizer**

Garden Salad

**Mains**

Spaghetti and Meatballs  
Ham Salad Sandwich or  
on a Salad

**Sides**

Mixed Vegetables



**MON. 3/16**

**Appetizer**

Mixed Green Salad

**Mains**

Sage and Brown Butter  
Pork Chops  
Tuna Salad Sandwich

**Sides**

Apples, Herb Rice, and  
Roasted Brussel Sprouts

**TUES. 3/17**

**St. Patricks Day!**

**Bangers and Mash with  
Guinness Bread and  
Cabbage**

**Spring Garden Salad Topped  
with Egg Salad**

**Irish Cream Bread Pudding**



**WED. 3/18**

**Appetizer**

Chef's Choice Soup

**Mains**

Chicken Teriyaki Over Rice  
Ham Italian Wrap

**Sides**

Broccoli and Chips



**THURS. 3/19**

**Appetizer**

Garden Salad with  
Vinaigrette and Blue Cheese  
Crumbles

**Mains**

Beef Stew  
Chicken Salad Sandwich

**Sides**

Dinner Roll, Delicata Squash,  
and Peaches



**FRI. 3/20**

**Appetizer**

Caesar Salad

**Mains**

Shrimp Scampi  
Lentil Soup with 1/2  
Sandwich

**Sides**

Roasted Vegetable Medley



**SAT. 3/21**

**Appetizer**

Mixed Green Garden Salad  
with Vinaigrette

**Mains**

Beef Stroganoff Over Egg  
Noodles  
Tuna Salad Sandwich or on a  
Petit Salad

**Sides**

Carrots



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

# March 15- March 21

# FOOD FACTS

Ham salad was a staple during the great depression. The meal allowed family's to avoid wasting any part of the ham, including the trimmings. While traditionally served as a sandwich it is also popular as a topping for crackers.

During the Middle ages it was believed that if sage grew well in a garden the owner would prosper or even live forever.

Druids believed that sage could be used to resurrect the dead and it was often used in sacred ceremonies by Romans.

Bangers and mash is an iconic Irish comfort food. This dish is commonly served in pubs and was known as being a working-class meal. The term bangers came around 1919 and WWI when sausages were filled with cereals and water to stretch low meat supplies. This caused them to explode when fried!



While there are a vast amount of ways to create a ham Italian wrap some traditional methods include using prosciutto for a meat choice, and even cream cheese as a spread to prevent the wrap from absorbing too much moisture.

Peaches are a member of the rose family originating in China over 5,000 years ago. In China they are a symbol of longevity, fertility, and immortality. While China is the worlds top producer, California produces roughly 50% of the U.S. supply.



**Did You Know?...**  
In Italy eating lentil soup on New Years Eve is a symbol of good luck. It is believed to bring prosperity and wealth in the coming year as lentils symbolize coins.

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

Beef stroganoff which is a recipe consisting of tender beef in a sour cream sauce originated in Russia around 1870. A popular legend says the dish was created by a French chef to serve to Count Pavel Stroganov because the Count had lost most of his teeth and needed a tender meal to eat.