



March 29-April 4



LUNCH MENU

SUN. 3/29

Appetizer

Farro Salad

Mains

Spaghetti with Meatballs

Deli Sandwich or on a bed of Greens

Sides

Vegetable Medley and Garlic Bread



MON. 3/30

Appetizer

Broccoli and Cauliflower

Soup

Mains

Chicken Marsala

Ham and Cheese

Sandwich

Sides

Roasted Carrots and Herb Rice

TUES. 3/31

Appetizer

Beet Salad

Mains

Turkey Stew

Deli Sandwich

Chef Salad

Sides

Green Bean Casserole

WED. 4/1

Appetizer

White Bean Salad with Basil Vinaigrette

Mains

Cheeseburgers

Turkey Club Wrap

Sides

Tater Tots

THURS. 4/2

Appetizer

Minestrone Soup

Mains

Parmesan Crusted Chicken

with a Side of Honey

Mustard Sauce

Roast Beef and Cheese

Sides

Roasted Herd Red Potatoes and Zucchini



FRI. 4/3

Appetizer

Tomato Peach Panzanella Salad

Mains

Beef Daube over Pasta

Turkey and Swiss on Toast

Sides

Carrots, Chips, and Pickles

SAT. 4/4

Appetizer

Caesar Salad

Mains

Chicken Piccata

Greek Salad Wrap

Grilled Cheese by Request

Sides

Roasted Potatoes and Broccoli

Check out the back for food facts!!!

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FOOD FACTS

The secret ingredient to creating the perfect meatball, is using milk soaked breadcrumbs or mashed potatoes mixed into the meat. This is done to keep the meatballs tender. Often they are also seasoned with nutmeg, allspice, or white pepper.

While chicken marsala can be found on most menus at Italian-American restaurants the dish is actually not that common in Italy. The dish is believed to have a French history being developed in Sicily in the 19 century. While today it is common to see chicken, the dish was authentically made with Veal.

Trivia Time!
In ancient cultures including Rome. Beets were a symbol and often used in potions. What symbol were they?
Unsure?
Come to activities for the answer!



The cheese burger was invented in the 1920s. Many people credit Lionel Sternberger for popularizing it in 1924. The movie "The Founder" depicts the rise of McDonald's which popularized the fast food cheeseburger in the 1950s.



Minestrone is a hearty Italian soup traditionally made from leftovers or available seasonal produce. Because it was made from whatever was available there is no single "correct" recipe.

Panzanella is a traditional Tuscan dish. It was considered peasant cooking because it repurposed stale bread and summer vegetables without cooking. The original recipe had no tomatoes until roughly the 16th century.

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

Caesar Salad was created in 1924 by Italian American chef Caesar Cardini. He was a chef in Tijuana, Mexico. He was at his restaurant on the fourth of July and extremely busy. He came up with this salad because he had limited ingredients and time.

