



April 19 - April 25



# SUPPER MENU

**SUN. 4/19**

**Mains**

Hot Dog on a Toasted Bun  
Greek Salad with Deli Meat

**Sides**

Baked Beans, Cole Slaw, and  
Fruit



**MON. 4/20**

**Appetizer**

Tomato Soup

**Mains**

Chef's Salad  
Quiche Lorraine

**Sides**

Fruit, Rice

**TUES. 4/21**

**Appetizer**

Chef's Choice Soup

**Mains**

Patty Melt  
Deli Sandwich  
Garden Salad

**Sides**

Fruit

**WED. 4/22**

**Appetizer**

Black Bean Soup with Cheese  
and Sour Cream

**Mains**

Mexican Ranchero Casserole  
Summer Salad with red  
beans and corn

**Sides**

Spiced Rice

**THURS. 4/23**

Take Out Night

**CABIN PIZZA**

Garden Salad  
Fruit  
Sandwich

Also Available



**FRI. 4/24**

**Appetizer**

Borscht Soup

**Mains**

Pierogies served with Fried  
Onions and Sour Cream  
Egg Salad with Cucumber  
and Tomatoes

**SAT. 4/25**

**Mains**

Hot Dogs on a Bun with  
Sauerkraut  
Grilled Cheese Sandwich  
**Sides**  
Baked Beans, Buttered Corn,  
and Fruit

Check out  
the back  
for food  
facts!!!

# April 19 - April 25

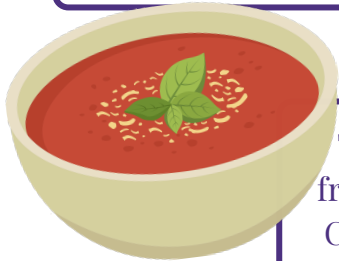
# FOOD FACTS

Baked Beans come with ancient origins. Indigenous people taught colonist to cook baked beans in earthen pots with bear fat and syrup.

B&M was the first to sell canned baked beans in 1876, and they sold primarily to fisherman in Maine

Tomato Soup is a beloved comfort food Gaining popularity in 1987 when Campbells introduced condensed tomato soup. While considered a winter staple many Spanish variations of this dish were often served cold making it a great warmer weather option as well.

Patty melts are a 1940s/1950s Classic. Historically it features a burger patty, American or Swiss cheese, and caramelized onions served on griddled rye bread. There are so many variations now.



The name ranchero comes from rural Mexico. Ranchero Casserole is a dish designed for ranch workers as their second hearty breakfast after early morning chores. While rooted in Mexico many believe the swish gained popularity through Texas ranches.

## Take Out Night



Borscht is a sour, typically beet based soup that originated in Ukraine. Originally it was made from fermented cow parsnip and not beets It is a very versatile dish with many variations and served both hot and cold.

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

Sauerkraut is rich in Vitamin C and preserves very well. For this reason Sauerkraut was used on long German Ship voyages to prevent scurvy. The probiotics and high fiber content help maintain a healthy debut as well.