



April 26 - May 2



SUPPER MENU

SUN. 4/26

Mains

Clam Chowder
American Chop Suey

Sides

Dinner roll, Broccoli, and
Fruit



MON. 4/27

Appetizer

Lentil Soup

Mains

Open Faced Roast Beef
Sandwich with Gravy
Egg Salad Sandwich

Sides

Peas and Fruit

TUES. 4/28

Appetizer

Vegetable Soup with
Barley

Mains

Turkey Divan Casserole
Bologna and Cheese
Sandwich

Sides

Fruit

WED. 4/29

Appetizer

Beef and Rice Soup

Mains

Macaroni and cheese with
Stewed Tomatoes
Mediterranean Chopped Salad
with Oregano and Vinaigrette

Sides

Fruit

THURS. 4/30

Appetizer

Tomato Soup

Mains

Grilled Cheese with Bacon
Chef's Salad with Citrus

Vinaigrette

Sides

Fruit



FRI. 5/1

Appetizer

Cream of Broccoli Soup

Mains

BLT Sandwich
Garden Salad with Deli

Meat

Sides

Chips and Peaches

SAT. 5/2

Appetizer

Cucumber and Dill with
Ranch

Mains

Hot Dog on a Bun
Corned Beef and Cheese
Sandwich

Sides

Baked Beans and Cole Slaw

Check out
the back
for food
facts!!!

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FOOD FACTS

American Chop Suey is a staple of New England and Midwestern cooking. It is a one pot meal that generally consists of ground beef, elbow noodles, and a tomato based sauce, and seasoned with onions, green peppers, and sometimes a touch of sugar.

Lentil Soup is packed with protein, fiber, and iron. Lentils are considered highly sustainable and eco-friendly requiring less water and energy to produce than animal proteins.

Turkey Divan is a classic American casserole that was created to use leftovers. It was first created in New York City by chef Divan Perisien at the Chatham Hotel in the early 20th century.



Macaroni and Cheese is a historic comfort food. Kraft introduced boxed macaroni and cheese in 1937 and sold 9 million boxes in the first year. Today Kraft sells over one million boxes daily!

Grilled Cheese became popular in the 1920s following the invention of sliced bread and processed cheese. Originally this recipe was an open faced sandwich before it was modernized with two slices of bread in the sandwich we see today.



Cream of broccoli soup is a nutrient packed dish containing Vitamin C, Vitamin A, Iron, Calcium, and Fiber. In the 1990s it became very popular thanks to its debut in a can made by Campbell's.

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

Corned beef is named for the large "corns" of salt used to cure the meat. Corned beef was historically made in Ireland for the British Navy. While often associated with Irish-American St. Patrick's day it was considered a rare dish in Ireland as many preferred pork.