



April 12 - April 18



# SUPPER MENU

**SUN. 4/12**

**Mains**

Hot Dog on a Toasted Bun  
Grilled Cheese with Tomato

**Sides**

Baked Beans, Macaroni  
Salad, and Fruit



**MON. 4/13**

**Appetizer**

Vegetable Farro Soup

**Mains**

Honey Garlic Shrimp  
Chef's Salad

**Sides**

Fruit, Rice, and Petit Salad

**TUES. 4/14**

**Mains**

Clam Chowder  
Italian Sandwich

**Sides**

Biscuit, Petit Salad, and  
Fruit

**WED. 4/15**

**Appetizer**

Corn Chowder

**Mains**

Homemade Sloppy Joes  
Chef's Choice Salad

**Sides**

Pickled Vegetables, Chips,  
and Fruit

**THURS. 4/16**

**Appetizer**

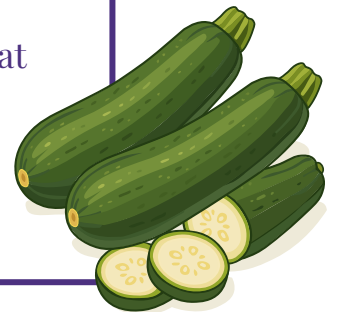
Zucchini Basil Soup

**Mains**

BLT Sandwich  
Salad with Deli Meat

**Sides**

Fruit and Chips



**FRI. 4/17**

**Appetizer**

Lemon Herb Couscous  
Salad

**Mains**

Shepard's Pie  
Turkey Club Wrap

**Sides**

Fruit and Chips

**SAT. 4/18**

**Mains**

Chinese Tangy Soup with  
Bamboo and Vegetables  
Pork Egg Rolls with a  
Homemade duck Dipping  
Sauce and Rice with Soy  
Sauce and Egg  
Deli Sandwich or Salad Upon  
Request

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

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# FOOD FACTS

Did You Know?...  
Joey Chestnut holds the record for eating the most hot dogs and broke his own record in 2021 by consuming 76 hot dogs in 10 minutes!

Shrimp is the most popular seafood in the U.S. Americans consume roughly 4-6 pounds per person annually. Shrimp contain healthy omega-3 fatty acids which can actually help lower cholesterol.

Clam chowder originated in the 18<sup>th</sup> century. In 1939 a Maine legislator proposed a bill to make putting tomatoes in chowder illegal. Treating it as a crime against the traditional white cream base.



Sloppy Joes likely originated in the 1930s in Iowa. It became popular in the 1950s/60s. While many know it as a Sloppy joe this sandwich also goes by many other names to include Wimpies, Slushburgers, and Toasted Barbecues.

Zucchini which is often treated as a vegetable is actually botanically a fruit. They are incredibly low in calories and consist of about 95% water and have more potassium than a banana.



Shepard's Pie originated in 18<sup>th</sup> century Ireland and Northern England. It was an inexpensive way for peasants to reuse roasted meat leftovers. Often confused with cottage pie, Shepard's pie must be made with lamb or mutton, while cottage pie is made with beef.

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

Egg rolls are and Chinese-American invention likely created in New York City in the 1930s. They use a much thicker wrapper and being deep fried versus a spring roll.