



April 19-April 25



# LUNCH MENU

**SUN. 4/19**

**Appetizer**

Garden Salad

**Mains**

Pot Roast

Turkey Salad Sandwich

**Sides**

Mashed Sweet Potatoes,  
Mixed Vegetables, and  
Chips

**MON. 4/20**

**Appetizer**

Caesar Salad

**Mains**

Chef's Soup with half an

Egg Salad Sandwich

Moussaka

**TUES. 4/21**

**Appetizer**

Spring Mix Salad with

Lemon Couscous

**Mains**

Sautéed Shrimp and Bell  
Peppers over Polenta with a  
White Wine Garlic Sauce  
Tuna Salad on Wheat Toast



**WED. 4/22**

**Appetizer**

Garden Salad

**Mains**

Chicken and Sausage

Cassoulet

Turkey Club Wrap

**Sides**

Cauliflower and chips

**THURS. 4/23**

**Appetizer**

Chef's Choice Soup

**Mains**

Leg of Lamb Au Jus

Shrimp Salad on Toasted

Bun

**Sides**

Spinach Stuffing, Carrots,  
and Roast Potatoes



**FRI. 4/24**

**Appetizer**

Caesar Salad

**Mains**

Salmon with Lemon

Bearnaise Sauce

Chicken Salad Sandwich

**Sides**

Mushroom Risotto and  
Hericot Verts

**SAT. 4/25**

**Appetizer**

Chef's Choice Soup

**Mains**

Turkey Cutlets with Citrus

Buerre Blanc

Greek Salad Wrap

**Sides**

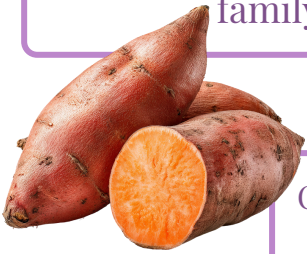
Mixed Vewgetables and Rice  
Pilaf

Check out  
the back  
for food  
facts!!!

# April 19 - April 25

# FOOD FACTS

Sweet Potatoes are very nutrient dense and offer over 700% of daily Vitamin A in some servings. They are technically roots rather than tubers and belong to the morning glory family



Moussaka is a beloved Mediterranean dish known for its layers of eggplant, ground meat, and creamy sauce. Often considered Greek it actually has roots across the Middle East and Balkans.

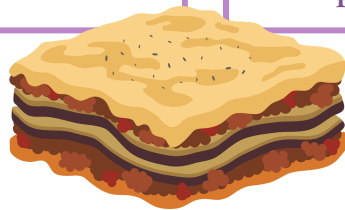
Polenta is an ancient Italian staple traditionally made from boiled, ground grains, long before corn arrived to the Americas. It was often called “poor mans bread” and originated as a Roman Army ration.



Chicken and sausage cassoulet is a modern variation of one iconic French dish. It is legend that the recipe originated during the Hundred Years' War in the city of Castelnaudry. The people gathered all their available ingredients to make one stew and feed their defenders.

Leg of lamb is a tender premium cut often preserved for holiday cooking. It is a cut of meat that is very versatile. It can be roasted under an hour or slow cooked over a long period of time.

Bearnaise Sauce is a classic French emulsion of clarified butter, egg yolks, shallots, and tarragon. It was invented in 1836 by chef Collinet in his restaurant near Paris.



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

Blurred bland is a classic French emulsified sauce made from reduced white wine, shallots, and cold butter. It is very popular for its tangy creamy texture. It was invented on accident around 1900 by a French chef who forgot to add eggs to a Bearnaise sauce!