

April 26 - May 2



LUNCH MENU

SUN. 4/26

Appetizer

Split Pea Soup

Mains

Roasted Pork Loin

Deli Sandwich

Sides

Mashed Potatoes and
Vegetable Medley



MON. 4/27

Appetizer

Chef's Salad of the Day

Mains

Pan Fried Chicken with
Sage and Mustard Sauce

Salami and Cheese

Sandwich

Sides

Roasted Red Potatoes and
Zucchini

TUES. 4/28

Appetizer

Caesar Salad

Mains

Shrimp Scampi over
Noodles

Ham and Swiss Sandwich

Sides

Vegetable Medley

WED. 4/29

Appetizer

Chef's Italian Soup

Mains

Cheeseburgers

Deli Sandwich of Choice

Sides

Potato Salad

THURS. 4/30

Appetizer

Garden Summer Salad

Mains

German Roulade

Turkey Club Wrap

Sides

Gnocchi and Mixed
Vegetables



FRI. 5/1

Appetizer

Spring Salad with Asian
Vinaigrette

Mains

Baked Haddock with White
Sauce and Spinach

Chicken Salad Sandwich

Sides

Peas and Carrots over Rice

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

SAT. 5/2

Appetizer

Chef's Choice Soup

Mains

Pork Stir fry

Tuna Salad on a Bed of
Greens or a Sandwich

Sides

Fried Rice

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FOOD FACTS

Split Pea Soup is a 10,000 year old recipe dating back to Ancient Greece and Roma where it was sold by street vendors. In Sweden pea soup is traditionally served on Thursdays with pork and mustard.

Sage is a drought-tolerant herb with over 900 varieties. It was traditionally believed to enhance memory and wisdom. While used in many dishes sage is also used for its intense aromatic leaves to cleanse energy.

Shrimp scampi is a popular Italian-American dish that was created in the early 20th century. Traditionally methods of cooking this dish included breadcrumbs which are not commonly found in the buttery American version we see today.



Potato salad likely originated from German traditions brought to the United States in the 19th century. While often associated with Mayo early traditional recipes used oil, bacon, and vinegar. Mayo was introduced in 1905 by Richard Hellman.



German Roulade consists of thinly sliced beef stuffed with mustard, bacon, onions, and pickles and then braised in gravy. This dish is a staple in German Sunday dinners often found on Holidays and during the winter.



Baked Haddock is often topped with crumbles ritz cracker's, butter, and lemon. This dish is considered a traditional New England dish and is often served at weddings and formal gatherings.

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

Tuna salad became popular in the 1900s often utilized as a quick meal for working individuals. The dish is high in protein and omega-3 fatty acids and was consider