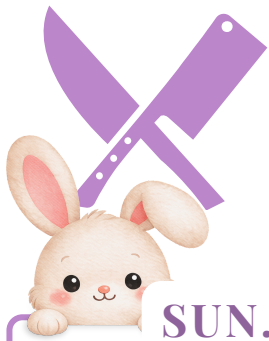


April 5-April 11

LUNCH MENU



SUN. 4/5

Mains

Roasted Leg of Lamb with
Dijon and Garlic
Honey Baked Ham

Sides

Asparagus and Herb
Roasted Red Potatoes

Dessert

Chicks Cupcakes and
Cadbury Ice Cream

EASTER

MON. 4/6

Appetizer

Garden Salad

Mains

Chicken Teriyaki
Roast Beef and Cheese
Sandwich

Sides

Brown Rice, Mixed
Vegetables, and Chips

TUES. 4/7

Appetizer

Split Pea Soup

Mains

Roasted Pork Loin
Chef Salad Wrap

Sides

Spiced Applesauce, Carrots
& Peas, and Mashed
Potatoes



WED. 4/8

Appetizer

Lentil Soup

Mains

Meatloaf and Gravy
Tuna Salad on Wheat Toast

Sides

Macaroni and Cheese and
Mixed Vegetables

THURS. 4/9

Appetizer

Cream of Vegetable Soup

Mains

BBQ Pork Ribs
Cobb Salad
Deli Sandwich

Sides

Mashed Sweet Potatoes and
Corn



FRI. 4/10

Appetizer

Caesar Salad

Mains

Mediterranean Style
Haddock

Roast Beef Sandwich

Sides

Orzo, Green Beans, and
Chips

SAT. 4/11

Appetizer

Chef's Choice Soup

Mains

Sausage Lasagna
Chicken Club Wrap or as a
Salad

Sides

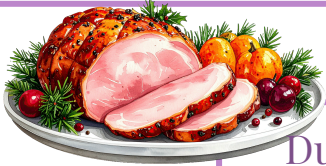
Garlic Bread and Mixed
Vegetables

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

April 5 - April 11

FOOD FACTS

Easter dinner traditions blend religious symbolism with spring time renewal. The main course of the meal usually being Ham was chosen because it cures in winter and is ready by spring. Pretzels are another tradition food item often associated with Easter or Lent because the twist symbolizes arms crossed in prayer.

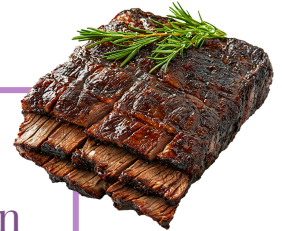


The modern version of teriyaki sauce that is most popular in the united states often uses pineapple juice and brown sugar. This was heavily influenced by Japanese immigrants in Hawaii

Mashed potatoes has a long history extending roughly 10,00 years. The first known recipe appeared in the 18th century in English cookbooks. There was early suspicion about potatoes however, in 16th century Europe they were believed to cause Leprosy.

During World War II meatloaf was very popular and often referred to as a “vitality loaf” designed to stretch expensive meat using fillers like oats, breadcrumbs, and cereal.

Did you know?... There are four main cuts of ribs. Baby back, spare, St. Louis-style, and country style.



Haddock is a North Atlantic white fish known for its delicate, sweet, and flaky texture. It is the primary fish used in traditional British fish and chips. There are many uses and recipes for haddock and it is considered superior to cod for many of them.

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

Lasagna dates as far back as 13th century Naples. Traditionally it was made without tomatoes and featured spinach with a white sauce or ragu. July 29th is celebrated as National Lasagna Day!

