



May 10 - May 16



# SUPPER MENU

**SUN. 5/10**

**Appetizer**

Chef's Soup

**Mains**

American Chop Suey  
Salad with Egg, Bacon, and  
Ranch

**Sides**

Vegetable Medley

**MON. 5/11**

**Appetizer**

Carrot Apple Soup

**Mains**

Turkey Reuben  
Italian Style Salad

**Sides**

Chips and Fruit

**TUES. 5/12**

**Appetizer**

Lentil Soup

**Mains**

Grilled Roast Beef and  
Cheddar  
Grilled Cheese with Tomato  
Salad Plate

**Sides**

Fruit

**WED. 5/13**

**Appetizer**

Vegetable Barley Soup

**Mains**

Chicken Salad Sandwich with  
Lettuce and Tomato  
Deli Sandwich or Salad

**Sides**

Fruit

**THURS. 5/14**

**Appetizer**

Lemon Couscous Salad on  
Greens

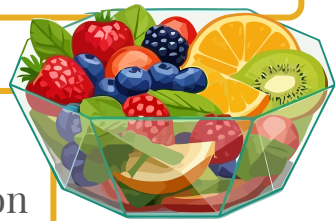
**Mains**

Naan Pizzas (Veggie or  
Pepperoni)

Deli Sandwich

**Sides**

Fruit



**FRI. 5/15**

**Appetizer**

Corn Chowder

**Mains**

Beef Brisket  
Turkey Salad Sandwich

**Sides**

Sweet Potato and Vegetable  
Medley, Fruit

**SAT. 5/16**

**Appetizer**

Egg Drop Soup

**Mains**

Veggie Stirfry served over  
Rice Noodles with a Pork Egg  
Roll

Deli Sandwich

**Sides**

Chips and Fruit

Check out  
the back  
for food  
facts!!!

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# FOOD FACTS

Ranch dressing was invented by plumer-turned-cowboy Steve Henson in Alaska. It has been the best selling salad dressing since 1992. Its popularity went nationwide in 1986 when Doritos introduced its Cool Ranch flavor.



Carrot apple soup has a french origin and is packed with Vitamin A, often containing over 100% of the daily value. Many flavor this dish with spices like ginger, thyme, or cinnamon to enhance flavors.

Lentil soup is one of humanity's oldest meals, dating back roughly 10,000 years. It is a dish packed with protein, iron, and fiber. It is often consumed on New Year's Day in many cultures to symbolize money and wealth.

Vegetable barley soup is a dish known for its nutty flavor and comforting texture. Barley is a whole grain that doesn't get mushy when it is coked and has a distinct chewy texture, also when cooked barley naturally releases starches that thicken the broth making it creamy without having to add dairy.

Naan is an oven-baked flatbread with ancient Persian roots. It was originally a royal delicacy in the Mughal Empire. Well known for its yogurt-based texture and charred spots.



Brisket was a staple in the 18th-century Ashkenazi Jewish communities in Europe because it was a cost effective cut. It is traditionally served during holidays like Passover.

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

Invented over 2,000 years ago, rice noodles were created by Northerners moving to Southern China who were accustomed to wheat noodles but had to adapt to a rice-heavy climate