



May 24 - May 30



SUPPER MENU

SUN. 5/24

Appetizer

Chicken Noodle Soup

Mains

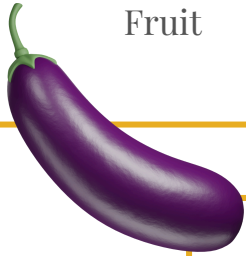
American Chop Suey

½ Egg Salad Sandwich with

Soup

Sides

Fruit



MON. 5/25

Appetizer

Chili with Corn Bread

Mains

Turkey Salad Sandwich
with a Petit Side Salad and
Italian Dressing

Sides

Fruit

TUES. 5/26

Appetizer

Tomato Soup

Mains

Quesadilla with Black Beans
and Salsa

Fried Bologna Sandwich

Deli Sandwich or Salad

Sides

Fruit



WED. 5/27

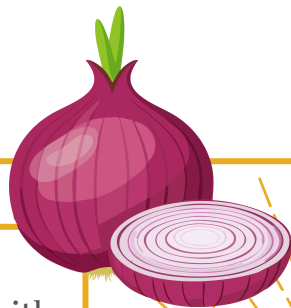
Appetizer

French Onion Soup

Mains

BLT Sandwich with Corn Salad
and Pickles

Greek Salad with White Beans



THURS. 5/28

Appetizer

Corn Chowder

Mains

Italian Sandwich

Garbanzo Bean Salad with
Herb Vinaigrette, Feta, Field
Greens, Turkey, Cucumbers,
and Red onions

Sides

Fruit

FRI. 5/29

Appetizer

Rainbow Summer Salad with
Vinaigrette

Mains

Eggplant Parmesan Sandwich
on a Roll

Tuna Salad Sandwich with
Lettuce, Tomato, and Onion

Sides

Fruit and Cottage Cheese

SAT. 5/30

Appetizer

Cucumber Dill Salad with
Ranch

Mains

Roast Beef Sandwich with
Herb Mayo and Cheese

Chef's Salad

Sides

Fruit

Check out
the back
for food
facts!!!

May 24 - May 30

FOOD FACTS

Chicken noodle soup is a beloved comfort food, with its folk-medicine reputation for soothing cold symptoms. There was a study done at the University of Nebraska Medical center that found chicken soup provides mild anti-inflammatory effects temporarily easing upper respiratory cold symptoms.



Italian dressing is actually an American invention, and you won't find it in Italy. It was created in the U.S. in the 1940s/1950s and has many uses beyond topping your favorite salad. It is considered a highly versatile marinated often used on chicken, beef, and vegetables.

Quesadillas date back to Aztec Mesoamerica. The translation is "little cheesy thing". Surprisingly cheese isn't actually a required ingredient in the recipe in many parts of Mexico.

French onion soup consists of caramelized onions in a rich, savory broth, topped with croutons and melted Gruyere cheese. It originated as a humble meal in Roman times but transformed into a refined dish in the 18th Century in Parisian markets.

Garbanzo beans which are also known as chickpeas, are ancient legumes first cultivated in the Middle East over 7,500 years ago! They are rich in protein, fiber, and folate. They are considered a versatile superfood across the globe.



Eggplant parmesan features crispy, fried, or roasted eggplant layered with marinara sauce and gooey cheese. This dish was not always tomato based. The original 18th century dish instead, layered eggplant seasoned with butter, hard-boiled eggs, spices, and cheese.

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

Cucumber dill salad is a refreshing and low-calorie side dish. Cucumbers are more than 90% water, making this salad incredibly hydrating as well. The European version often uses soure cream, heavy cream, or yogurt to balance the dish.