

May 17 - May 23



LUNCH MENU

SUN. 5/17

Appetizer

Garden Salad

Mains

Roasted Turkey Breast with Sage Cream Sauce
Cucumber and Tuna Sandwich on Rye

Sides

Roasted Potatoes and Vegetable Medley

MON. 5/18

Appetizer

Chef's Soup

Mains

Eggplant or Chicken Parmesan over Linguini
Egg Salad Sandwich on

Toast

Sides

Mixed Vegetables

TUES. 5/19

Appetizer

Spinach Salad with Mustard Vinaigrette

Mains

Spring Style Beef Stew
Turkey and Swiss Sandwich

Sides

Sweet Potatoes



WED. 5/20

Appetizer

Chef's Soup

Mains

Cheeseburgers with Lettuce, Tomato, and Red onion
Italian Style Pasta Salad
Ham and Swiss Sandwich with Lettuce and Tomato

THURS. 5/21

Appetizer

Caesar Salad

Mains

Lasagna with Sausage and Pepperoni
Clam Chowder

Sides

Zucchini and Garlic Bread



FRI. 5/22

Appetizer

Garden Salad

Mains

Salmon with Chimichurri Sauce
Roast Beef and Cheese Sandwich

Sides

Garlic Herb Orzo and Summer Squash

SAT. 5/23

Appetizer

Vegetable Soup

Mains

Teriyaki Chicken
Tuna Salad Sandwich or on Greens

Sides

Broccoli and Brown Rice

Check out
the back
for food
facts!!!

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FOOD FACTS

During the Middle ages it was believed that if sage grew well in a garden the owner would prosper or even live forever.

Druids believed that sage could be used to resurrect the dead and it was often used in sacred ceremonies by Romans.



Egg plant parmesan is a southern Italian classic. Originating in the 18th Century It was originally made with butter, spices and white sauce. The name likely stems from the sicilian word parmeciana which refers to the overlapping wooden slats of a shutter which the dish resembles in its layers of ingredients.

The holes in Swiss cheese are not created by a machine or man instead they are a natural part of the fermentation process. The holes are caused by the release of carbon dioxide from bacteria as the cheese ages. The USDA actually has strict regulations on how big these holes can be to determine if it is suitable cheese or not.

Lettuce is a member of the sunflower family and has been produced for over 6,000 years originally by ancient Egyptians. Lettuce is the second most popular fresh vegetable in the U.S. (Potatoes are number 1). It is estimated that on average Americans consume 30lbs of lettuce annually

Caesar Salad was created in 1924 by Italian American chef Caesar Cardini. He was a chef in Tijuana, Mexico. He was at his restaurant on the fourth of July and extremely busy. He came up with this salad because he had limited ingredients and time.



Trivia Time!
Do you know which state in the United States produces the most squash?

Unsure?
Stop by activities for the answer!

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