



May 24 - May 30



LUNCH MENU

SUN. 5/24

Appetizer

Garden Salad

Mains

Roasted Pork Loin

Italian Chopped Sandwich

Sides

Mashed Potatoes and

Vegetable Medley



MON. 5/25

Appetizer

Watermelon Mint Salad

Mains

Lobster Roll Served on a
toasted Bun with Lettuce

and Mayo

*PLEASE ASK FOR
ALTERNATIVE IF NEEDED

Sides

Cole Slaw

TUES. 5/26

Appetizer

Summer Salad

Mains

Shrimp Scampi with
Noodles

Ham and Cheese Quiche

Sides

Broccoli

WED. 5/27

Appetizer

Chef's Soup

Mains

Chicken Piccata

Chef's Salad with Cheese,
Ham, and Egg Served with

Ranch Dressing

Sides

Roasted Red Potatoes and

Brussel Sprouts

THURS. 5/28

Appetizer

Strawberry and Cucumbers
over Field Greens with Asian
Vinaigrette

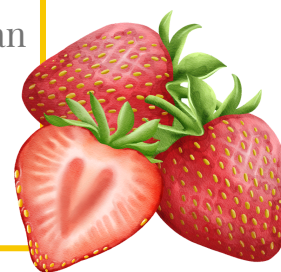
Mains

Ground Beef and Green Bean
Stir Fry over Brown Rice

Chicken Salad Sandwich

Sides

Mandarin Oranges



FRI. 5/29

Appetizer

Chef's Choice Soup

Mains

Haddock with Ritz Butter
Crumb

Loaded Veggie Sandwich with
or without Ham and Herb

Cream Cheese

Sides

Mashed Potatoes and

Vegetable Medley

SAT. 5/20

Appetizer

Chef's Soup

Mains

BBQ Ribs

Grilled Chicken Sandwich

Sides

Macaroni and Cheese and
Mixed Vegetables

Check out
the back
for food
facts!!!

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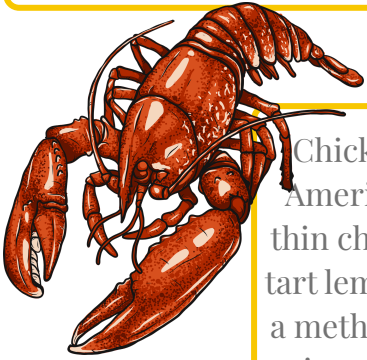
FOOD FACTS

Mashed potatoes originated in South America before becoming popular across the globe. For maximum creaminess in your mashed potatoes you should always add butter before milk. The starch molecules in the potato absorb fat first, which keeps them from becoming grainy.

Lobster rolls started as a cheap snack in the 1920s for fishermen, now it is an iconic seafood delicacy. The first official lobster roll was served at Perry's Restaurant in Milford Connecticut in 1927.

Did you know?...

National Shrimp Scampi Day is celebrated every year on April 29th.



Chicken piccata is an Italian-American dish that consists of thin chicken cutlets in a buttery, tart lemon-wine sauce. Piccata is a method not a recipe. The word piccata comes from the Italian term meaning pounded flat. It refers to the preparation technique rather than the lemon-wine sauce itself.

Mandarin oranges are sweet citrus fruits native to Asia. Rather than just being tiny oranges they are a distinct species and are actually one of the five ancient, foundational citrus fruits from which all other modern citrus varieties evolved.



Haddock is a North Atlantic bottom dwelling fish in the cod family. Unlike cod or polluck, haddock is exclusively found in the North Atlantic Ocean. While cod is often given the credit, haddock is actually the preferred staple for British fish and chips.

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

BBQ ribs are a relatively modern American dish. A popular cooking method for BBQ ribs is called the "3-2-1" method. It involves smoking the meat for 3 hours, wrapping it in foil for 2 hours, and then unwrapping it for a final hour of cooking.