

May 3 - May 9



# LUNCH MENU

**SUN. 5/3**

**Appetizer**

Soup of the Day

**Mains**

Spaghetti and Meatballs  
Shrimp Salad on Toast or  
Greens

**Sides**

Dinner Roll and Green  
Beans

**MON. 5/4**

**Appetizer**

Soup of the Day

**Mains**

Lemon Garlic Chicken  
Egg Salad on Rye Toast or  
Salad Greens

**Sides**

Mashed Potatoes and  
Broccoli

**TUES. 5/5**

**Appetizer**

Caesar Salad

**Mains**

Linguine with Clam Sauce  
and Garlic Croutons  
Roast Beef and Swiss

Sandwich with Lettuce and

Tomato

**Sides**

Roasted Cauliflower



**WED. 5/6**

**Appetizer**

Summer Salad

**Mains**

Pork Tenderloin with  
Pineapple and Caribbean  
Sauce

**Sides**

Rice Pilaf and Spinach

**THURS. 5/7**

**Appetizer**

Soup of the Day

**Mains**

Meatloaf

Greek Salad Wrap with Deli  
Meat or Just Greens

**Sides**

Mashed Potatoes, Gravy, and  
Peas with Carrots



**FRI. 5/8**

**Appetizer**

Beet Salad

**Mains**

Cod with Ritz Butter  
Crumb

Deli Sandwich of Choice

**Sides**

Basmati Rice, Zucchini,  
Chips, and Pickles

**SAT. 5/8**

**Appetizer**

Soup of the Day

**Mains**

Pot Roast

Tuna Salad on Toast or  
Greens

**Sides**

Mashed Sweet Potatoes and  
Cauliflower

Check out  
the back  
for food  
facts!!!

May 3 - May 9

# FOOD FACTS

Spaghetti and meatballs is an Italian-American dish created by immigrants in the U.S. rather than in Italy. Italian immigrants brought the concept of meatballs to America and then was combined with pasta as one dish to utilize affordable meat.

The first published egg salad recipe appeared in an Ohio newspaper in 1899. It featured hard-boiled egg with butter instead of mayonnaise. The invention of mayonnaise came later and the recipe evolved into the egg salad we are accustomed to today.

Clam sauce is an Italian-American dish which comes in two variations. White which is primarily garlic and wine based or Red which is tomato based. The dish became popular in New York and Boston areas. A secret ingredient used by most is bottled clam juice to enhance the clam flavoring in the sauce.



Caribbean Sauce is often a fiery flavor-packed sauce that balances heat with fruits such as pineapple or Mango. The most common peppers used for this sauce are typically Scotch Bonnet and Habanero. These peppers naturally offer a fruity-sweet flavor along with the heat.

Meatloaf which is considered a staple comfort food in America originated from ancient Roman dishes. It was popularized in the U.S. as a Depression-era way to stretch meat supplies. This dish traditionally used fillers like oatmeal and cereal and was a vital dish during WWII for food rationing.



Basmati Rice is a long-grain rice primary grown in the himalayan foothills. It is unique for its extreme elongation during cooking and its distinct aroma. Premium basmati rice is aged for at least 9 months and sometimes even up to 18 months to enhance its aroma and flavor.

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



Pot roast is a classic American comfort food with French roots. The secret to flavor with this dish is to sear the meat on all sides before it slow cooks to lock in flavor and color. This method is referred to as the Maillard Reaction.