



June 14<sup>th</sup> - June 20<sup>th</sup>



# SUPPER MENU

**SUN. 6/14**

**Appetizer**

Green Bean Salad with Cucumbers and Dill

**Mains**

Herbs de Provence Shrimp with Basil and Pea Couscous  
Egg Salad on Rye Toast with Petit Salad and Chips

**MON. 6/15**

**Appetizer**

Farro and Tomato Salad with Crispy Capers

**Mains**

Shepard's Pie  
Deli Sandwich on Rye Toast, Served with Lettuce and Chips on the side

**TUES. 6/16**

**Appetizer**

Grape Salad with Pecans

**Mains**

Turkey Meatball and Tortellini with vegetables and Broth Served with Crostini  
Orange-Olive Romaine Salad with Herb Vinaigrette and Chicken Salad

**WED. 6/17**

**Appetizer**

Cauliflower Soup

**Mains**

Summer Salad with Turkey and/or Bacon Crumbles  
BLT Sandwiches with Chips and a Pickle

**THURS. 6/18**

**Appetizer**

Vegetable Soup

**Mains**

Taco Style Stuffed Pepper  
Salad Nicoise

**FRI. 6/19**

**Appetizer**

Egg Drop Soup

**Mains**

Pork Stir Fry or Veggie Stir Fry  
Roast Beef and Cheese Sandwich

**Sides**

Brown Rice and Petit Salad

**SAT. 6/20**

**Appetizer**

Cucumber Tomato Salad with Ranch

**Mains**

Hot Dog on a Bun, Served with Baked Beans and Brown Bread

Italian Style Salad

**Sides**

Fruit

Check out the back for food facts!!!

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# FOOD FACTS

Herbs de Provence is a popular aromatic blend from southeastern France. Despite its traditional reputation, it has no strictly defined recipe.

Herbs de Provence is not a legally protected name meaning anyone can use the name and quality can vary wildly.

Shepard's pie is traditionally made with lamb or mutton. If you use beef to create the dish it is actually called Cottage Pie. Cottage pie was the first to be documented around 1971. The term Shepard's Pie didn't appear in print until several decades later.

Crostini are bite-sized, toasted slices of bread adorned with sweet or savory toppings. Crostini are typically made from smaller, finer-grained breads like a french baguette and are crisp all the way through.

Cauliflower soup is a nutrient-dense dish that acts as a low-carb alternative to potato or cream based soups.

When cauliflower is simmered in broth and blended its naturally high pectin content gives it a velvety, heavy-cream texture without needing to add dairy or flour.

Salad Nicoise originally started as a sandwich. It was a street food made of stale bread in tomato juice, olive oil, and anchovies, known as pan bagnat. Fisherman ate it as a way to use up dry bread and keep ingredients from going to waste.

Egg drop soup originates from China, and is believed to be over 2,000 years old and invented during the Han Dynasty. The dish gets its famous silky ribbons from the fluid dynamic of drizzling beaten eggs into a thickened broth.

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

Hot dogs are a greatly loved meal. In 1936, President Franklin D. Roosevelt served hot dogs to the visiting King George VI and Queen Elizabeth of England. It was reported that the King loved them so much he asked for seconds.