



June 21st - June 27th



SUPPER MENU

SUN. 6/21

Appetizer

Tomato Soup

Mains

Quesadilla with Black Beans
and Tomatillo Salsa

Grilled Cheese

Chef Salad

HAPPY FATHER'S DAY

MON. 6/22

Appetizer

Haddock Chowder

Mains

Broccoli with Lemon

Butter

Salad Plate with Egg and

Bacon

Deli Sandwich

TUES. 6/23

Appetizer

Vegetable Farro Soup

Mains

Turkey Divan Casserole

Greek Salad Plate

Sides

Fruit

WED. 6/24

Appetizer

Black Bean Soup

Mains

Cuban Sandwich

Chef Salad Plate

Sides

Cottage Cheese and Fruit

THURS. 6/25

Appetizer

Zucchini Basil Soup

Mains

Naan Pizzas: Pepperoni or
Hawaiian

Caesar Salad with Summer
Garden Vegetables and Diced

Chicken

Sides

Petit Caesar Salad

FRI. 6/26

Appetizer

Chili with Cornbread

Mains

Mixed Vegetable Medley

Turkey Club Sandwich

Sides

Fruit Dish

SAT. 6/27

Mains

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

Tortellini Soup with Half
Sandwich or Petit Salad

Sides

Fruit

Check out
the back
for food
facts!!!

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FOOD FACTS

Quesadillas are a beloved dish especially in the United States. Studies show that roughly one in three Americans makes or eats a quesadilla at least once a week. While the quesadillas we know and love in the U.S. are made with cheese it is not a typical ingredient in Mexico and you actually have to ask for cheese.

Bacon is one of the oldest processed meats in the world. Its roots go back to around 1500 B.C. and since then has become a global staple that goes far beyond just a breakfast item. Astronauts on the Apollo mission in the 1960s brought freeze-dried bacon cubes as part of their official rations.

Turkey Divan is a creamy American casserole which features layers of tender turkey and broccoli covered in a cheesy sauce and toasted breadcrumbs. It has become one of the best dishes to repurpose holiday leftovers.

The Cuban sandwich originated in Florida in the late 19th early 20th century. It was originally designed as an affordable and portable lunch option. The area had a heavy population of cigar-factory workers, who came from diverse backgrounds and they dish was enjoyed by all.

Zucchini soup is full of nutrients and is a versatile dish that can be enjoyed both chilled or warmed. The dish contains many nutrients and is highlighted for its high potassium count making it great for hydration and electrolyte balance.

Chili recipes vary greatly but they all highlight various peppers. Chili peppers which are commonly used in chili recipes have a rich history and many interesting facts can be discovered about them. Green Chili peppers can contain as much vitamin C as six oranges. However, once it turns red it loses its vitamin C and vitamin A actually increases.

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

Tortellini is a beloved ring shaped stuffed pasta originating from Italy. Up until the 19th century tortellini was considered a meal of luxury only. It was served specifically to the wealthy and typically only on holidays.