



June 28th – July 4th



SUPPER MENU

SUN. 6/28

Appetizer

Soup of the Day

Mains

Patty Melt Sandwich

Chicken with Mandarin

Orange Salad Plate

Sides

Cottage Cheese and Fruit

MON. 6/29

Mains

Clam Chowder with a
Biscuit

Coconut-Citrus

Vinaigrette Salad with
Chopped Peanuts and
Fresh Vegetables and Deli
Meat

TUES. 6/30

Appetizer

Toamto Basil Soup

Mains

Grilled Cheese on Rye

Greek Salad with Deli Meat
and Bacon Crumbles

Sides

Fruit

WED. 7/1

Appetizer

French Onion Soup

Mains

Cobb Egg Salad

Roast Beef and Swiss
Sandwich

THURS. 7/2

Appetizer

Vegetable Barley Soup

Mains

Reuben Sandwich

Grilled Cheese

Sides

Fruit and Summer Salad with
White Beans and Herb
Vinaigrette

FRI. 7/3

**TAKE OUT
NIGHT**

Also Available

Caesar Salad or Soup of the Day

SAT. 7/4

Appetizer

Corn Chowder

Mains

Hot Dog on a Bun, Served
with Baked Beans and Brown
Bread
Chef's Salad

Sides

Fruit

Check out
the back
for food
facts!!!

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FOOD FACTS

Mandarin Oranges have a long and are one of the five ancient foundational species of citrus. Many used mandarin oranges in a holiday tradition where they would be placed in stockings. This tradition stemmed from tales of Saint Nicholas placing gold coins in the stocking of those in need.

Coconuts have many fascinating uses besides being a delicious treat. Historically during World War II in the 1940s medics in the Pacific used coconut water as a natural emergency plasma transfusion for wounded soldiers when standard IV supplies were not available.

Rye bread has many health benefits. When compared to white or standard wheat bread, rye bread has a much lower glycemic index. The high volume of soluble fiber absorbs water in the stomach keeping you full for a long time.

The Cobb salad was invented in 1937 at Brown Derby restaurant in Hollywood, California. The ingredients of a Cobb salad are often remembered using the mnemonic EAT COBB: Eggs, Avocado, Tomato, Chicken, Onion, Bacon, and Blue Cheese.

Grilled cheese became very popular in the 1920s with the invention of commercially sliced bread. The most expensive commercially available grilled cheese is the “Quintessential Grilled Cheese” sold at Serendipity 3 in New York City. It features rare Caciocavallo Podolico Cheese, White truffle butter, and comes with a side of lobster bisque for a total of 214 dollars.



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

According to the National Hot Dog and Sausage Council, Mustard is the undisputed favorite hot dog condiment, while ketchup is strictly frowned upon for adults 18 and older. What toppings do you prefer?