



June 7th - June 13th



SUPPER MENU

SUN. 6/7

Appetizer

Cucumber and Tomato Salad
with Herb Ranch

Mains

Turkey ala King
Deli Sandwich

Sides

Fruit and Rolls

MON. 6/8

Appetizer

Vegetable Soup with Farro

Mains

Shrimp Cakes with Lemon
Remoulade

Roast Beef and Swiss
sandwich

Sides

Petit Salad, Chips, Pickles,
and Fruit

TUES. 6/9

Appetizer

Chef's Choice Soup

Mains

Sesame Chicken over Brown
Rice

Greek Salad Plate

Sides

Stir Fried Vegetables and
Fruit

WED. 6/10

Appetizer

Tomato Soup with White
Beans

Mains

Grilled Cheese on Wheat
with Tomato

Summer Salad Plate with
Citrus Vinaigrette and Deli
Meat

THURS. 6/11

Appetizer

White Bean and Veggie
Salad with Feta

Mains

Broccoli and Cheddar
Quiche

Ham and Swiss Quiche
Deli Sandwich of Choice
with Greens and Tomato

FRI. 6/12

Appetizer

Chef's Choice Soup

Mains

Cobb Salad with Diced Turkey
Reuben Sandwich

Sides

Fruit

SAT. 6/13

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

Turkey ala king is a creamy poultry dish made with mushrooms, vegetables, and pimentos, traditionally served over toast, biscuits, or rice. The true creator of the dish is lost to history as several 19th century hotels claim they invented it between 1880 and 1900.

Shrimp cakes are savory seafood patties and offer a budget friendly alternative to crab cakes. They typically have a crispy exterior with a juicy, tender, and flavorful center. Some recipes use binders such as breadcrumbs, crushed crackers, or flour however, shrimp naturally release sticky proteins meaning you can create shrimp cakes using no starchy binders at all.

Sesame chicken is a classic Chinese-American dish made of crispy chicken tossed in a sweet and savory sauce then topped with toasted sesame seeds. While very popular in the U.S. it is not a traditional meal in China. It was developed by Chinese immigrants in the United States.

Grilled cheese was officially named in the 1960s. Its modern origins date back to WWII when the U.S. Navy served open-faced cheese filling sandwiches on ships. The first documented recipe dates back to ancient Rome, as they documented bread and cheese dishes.

Quiche was relatively unknown outside of its local region until after WWII. American and allied soldiers who were stationed near Alsace-Lorraine fell in love with the dish and brought their taste for it back home. After this the dish gained global popularity in the 1970s and 80s.

The Reuben sandwich is an American deli sandwich that features corned beef, Swiss cheese, sauerkraut, and Russian or Thousand Island dressing, grilled on rye bread. In 1956 the Reuben was entered into the first National Sandwich Idea Contest, where it took top honors and helped the dish gain its popularity.

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

Throughout much of history white bread was a luxury for the wealthy, while brown bread was the staple of the poor. However, with the advent of industrial milling, white bread became much cheaper to make and mass-produce, making brown bread the premium choice today.