



May 31st - June 6th



SUPPER MENU

SUN. 5/31

Appetizer

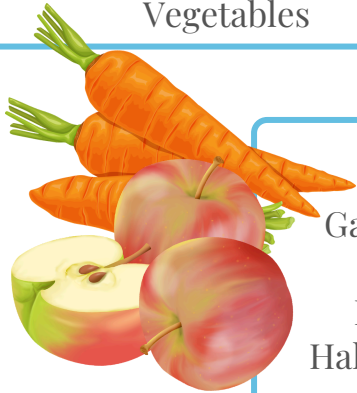
Carrot Apple Soup with
Ginger

Mains

Pork Egg Rolls
Fresh Salad with Vinaigrette
and Deli Meat

Sides

Fruit, Fried Rice, and Mixed
Vegetables



MON. 6/1

Appetizer

Chef's Choice Soup

Mains

Shrimp Salad on a Toasted
Bun

Deli Meat Sandwich

Sides

Fruit, Chips, and Coleslaw

TUES. 6/2

Appetizer

Peach Panzanella Salad

Mains

Broccoli and Cauliflower
Soup

Grilled Cheese with Bacon
and Tomato



WED. 6/3

Appetizer

Garden Summer Salad

Mains

Haddock Chowder
Half Sandwich of Choice

Sides

Fruit Dish and Biscuit

THURS. 6/4

Appetizer

White Bean and Tomato
Soup

Mains

Turkey Salad Sandwich or
on a Garden Salad

Grilled Cheese

Sides

Fruit

FRI. 6/5

Appetizer

Beef and Barley Soup

Mains

Naan Pizzas with Pepperoni or
Hawaiian
Chicken Salad on a Garden

Salad

Sides

Fruit

SAT. 6/6

Mains

Red Hot Dog on a Bun, Served
with Pasta Salad and Baked
Beans

Greek Salad with Deli Meat

Sides

Fruit and Cottage Cheese



Check out
the back
for food
facts!!!

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FOOD FACTS

Ginger is not actually a root, but rather a botanical rhizome (underground stem). It has been used as both a spice and a medicine for over 5,000 years. Active ingredients in ginger are often used to soothe gastrointestinal distress and nausea.



Shrimp salad is a classic, protein-packed dish typically made with cooked shrimp, mayonnaise, celery, and herbs. It is usually enjoyed in sandwiches, on crackers, or wrapped in lettuce cups.

Panzanella is a classic Tuscan summer salad made of stale bread, tomatoes, onions, and basil tossed with olive oil and vinegar. It was created by farmers and sailors as a clever way to repurpose dry, leftover loaves.

Traditional haddock chowder is made from flaky white haddock, potatoes, and onions. This iconic dish is highly prized in Maine and throughout New England. True Maine-style chowder avoids thickeners like flour and relies on the natural release of starches of potatoes.

White beans are a secret weapon for weight loss. They contain a specific compound that is often extracted to make carbohydrate-blocker supplements. Helping the body absorb fewer calories from starchy carbohydrates.



Beef and barley soup is a fiber-rich dish. Its history dates back to ancient Scotland. Much like chowder this dish relies on the natural starches released by barley to thicken the broth without adding extra flour.

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

Bean supper are centuries-old New England Tradition, typically held on Saturday nights. In Maine, no traditional Saturday night bean supper is complete without a side of bright red Maine hot dogs, known locally as “red snappers”.