



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



# LUNCH MENU

**SUN. 6/14**

**Appetizer**

Corn Chowder

**Mains**

Lemony Chicken Thighs  
Roast Beef on a Sub Roll  
with Lettuce, Tomato, Dill  
Pickle, and Mayo

**Sides**

Roasted Red Potatoes and  
Zucchini

**MON. 6/15**

**Appetizer**

Caesar Salad

**Mains**

Spinach and Ricotta  
Stuffed Manicotti with  
Sausage Marinara  
Turkey and Swiss Wrap  
with Ranch and Salad  
Vegetables

**TUES. 6/16**

**Appetizer**

Southwest Salad with Lime  
Vinaigrette, Cornbread,  
and Crutons

**Mains**

Sour Cream Chicken  
Enchiladas  
Tuna Salad on Toast or  
Greens

**Sides**

Rice and Corn

**WED. 6/17**

**Appetizer**

Chef's Choice Soup

**Mains**

Meatloaf  
Cucumber Dill Sandwich with  
Ham on Wheat with Herb  
Cream Cheese

**Sides**

Red Potatoes and Mixed  
Vegetables

**THURS. 6/18**

**Appetizer**

Shaved Parmesan and  
Asparagus Salad with Raisins

**Mains**

Chicken and Snap Pea Pasta  
with Cranberry Basil Sauce  
Shrimp Salad on a Roll or  
Greens

**FRI. 6/19**

**Appetizer**

Summer Beet Salad

**Mains**

Salmon Fillet with Lemon  
Butter Herb Sauce over  
Polenta

Grilled Chicken Sandwich

**Sides**

Chips and Roasted  
Cauliflower

**SAT. 6/20**

**Appetizer**

Hearty Vegetable Barley Soup

**Mains**

Bibb Salad with Pickled  
Onions, Oranges, and Green  
Goddess Dressing with  
Turkey

Spaghetti with Meat Sauce

**Sides**

Asparagus

Check out  
the back  
for food  
facts!!!

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# FOOD FACTS

While fish chowders are much older, the first widely published corn chowder recipe appeared in the United States in 1884. Not all chowders are the same though. New England favors a thick and creamy style chowder, while Manhattan favors a tomato based chowder.

Manicotti is an Italian-American dish that features stuffed pasta. The name comes from the Italian word manica which means sleeve. Manicotti translates to "Little Sleeve". While today we use pasta, this dish was traditionally made using crepes.

Chicken enchiladas date back to the ancient Aztecs, who rolled tortillas around small fish. In the early days this dish was a beloved street food which consisted of an empty tortilla dipped in chili sauce and eaten on the go, with no fillings at all.

Meatloaf is a dish that has ancient roots that became a staple of wartime necessity. Meatloaf as we know it didn't really take off until the late 19<sup>th</sup> century in the U.S. when meat grinders were invented. This allowed households to easily process meat and leftovers at home.

Cranberries got their name from German and Dutch settlers who believed the pink flowers resembled the head and bill of a crane. They are one of the few commercial grown fruits in North America and it takes roughly 200 cranberries to produce a single can of cranberry sauce.

Cooked Salmon is packed with heart-healthy Omega-3s, protein, and Vitamin B. The white substance that sometimes bubbles up when cooking is called albumin. It is a harmless liquid protein that pushes to the surface as it heats up. To reduce it you can always brine the fish in cold salted water for ten minutes.

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

Bibb lettuce is a variety of butterhead and is well known for its tender texture and sweet flavor. It was developed in Kentucky in the 1860s by a lawyer who was also an amateur botanist named John Bibb. Originally it was dubbed "limestone lettuce" because of the nutrient-dense soil it was grown in.