



June 21<sup>st</sup> - June 27<sup>th</sup>



# LUNCH MENU

**SUN. 6/21**

**Appetizer**

Watermelon Gazpacho

**Mains**

Slow-Cooked Beef with Bacon and Onion Jam

3 Cheese Macaroni with Ham and Peas

**Sides**

Smashed and Fried Crispy Red Potatoes and Sauteed Mixed Vegetables

**MON. 6/22**

**Appetizer**

Caesar Salad

**Mains**

Italian Meats Lasagna  
Tuna Salad Sandwich with Lettuce and Tomato

**Sides**

Vegetables and Garlic Bread

**TUES. 6/23**

**Appetizer**

Garden Salad

**Mains**

Roasted Pork Tenderloin with Pineapple Salsa  
Egg Salad Sandwich or on Lettuce

**Sides**

Rice Pilaf and Sauteed Spinach

**HAPPY FATHER'S DAY**

**WED. 6/24**

**Appetizer**

Chef's Choice Soup

**Mains**

Shrimp Stirfry over Lo Mein or Brown Rice  
Deli Sandwich  
Salad Plate

**THURS. 6/25**

**Appetizer**

Garden Salad

**Mains**

Beef Stroganoff  
Chicken Salad Wrap with Lettuce and Tomato

**Sides**

Mashed Potatoes and Buttered Carrots

**FRI. 6/26**

**Appetizer**

Caprese Salad

**Mains**

Bay Scallop Scampi  
Ham and Swiss on Toast with Dijon Mayo, Lettuce, and Tomato

**Sides**

Green Beans and Buttered Noodles

**SAT. 6/27**

**Appetizer**

Strawberry Spinach Salad

**Mains**

Roasted Chicken Thighs with Artichokes, Olives, Tomatoes, and Fresh Herbs

Roast Beef and Cheese Sandwich with Lettuce, Tomato, and Red Onion

**Sides**

Rice and Balsamic Brussels Sprouts

**Check out the back for food facts!!!**

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# FOOD FACTS

The oldest known macaroni and cheese recipe was recorded in a 14<sup>th</sup> - century Italian cook book. Macaroni and cheese has so much history and is a much loved meal item in the United States. National Macaroni and Cheese Day is celebrated every July 14<sup>th</sup>!

Lasagna is one of the oldest pasta shapes dating back to ancient Greece. It predates tomatoes and the first recipes were actually completely tomato free. Lasagna is globally celebrated and has earned it's very own International day on July 29<sup>th</sup> every year.

Pineapple salsa is a sweet and savory twist on traditional salsa. Pineapple salsa is packed with vitamin C, a single cup contains about 130 percent of the recommended daily intake. While it may seem like a modern twist on a classic favorite. Fruit salsas have a rich history dating back to ancient Aztecs.

Lo Mein as we know it today is a take on dishes that date back to the Han Dynasty. The version most people know (egg noodles with vegetables, meats, and savory sauce) are a top 5 takeout favorite in the United States.

The history of carrots contains many interesting facts one of them being that carrots were originally grown as a medicine. Historically they were not orange either. For thousands of years they were grown mostly purple and yellow.

Caprese salad is an Italian born dish from the island of Capri. While you often see balsamic vinegar in American restaurants. authentic dishes skip the balsamic vinegar completely. Traditionally the recipe stuck to olive oil, salt, and sometimes oregano.

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

Artichokes are actually the immature, unopened flower buds of a massive thistle plant in the sunflower family. If they are left unharvested, they will bloom into vibrant, 6 inch violet-blue flowers.