



June 28th - July 4th



LUNCH MENU

SUN. 6/28

Appetizer

Garden Salad

Mains

Pork Chops with Gravy
Tuna Salad Sandwich or on
Greens

Sides

Roasted Red Potatoes and
Mixed Vegetables

MON. 6/29

Appetizer

Bacon and Ranch Chopped
Salad

Mains

Spaghetti and Turkey Meatballs
over Linguini
Ham and Swiss Sandwich with
Lettuce, Tomato, and Dijon
Mayo

Sides

Garlic Bread and Green Beans

TUES. 6/30

Appetizer

Broccoli Salad

Mains

Chicken Piccata
Shrimp Salad Sandwich or
on Greens

Sides

Orzo Pilaf and Mixed
Vegetables

WED. 7/1

Appetizer

Chef's Choice Soup

Mains

Beef Tacos
Vegetable Quiche with
Cheddar Cheese

Sides

Side Salad with Cilantro
Lime Dressing and Rice

THURS. 7/2

Appetizer

Beet Salad

Mains

Turkey ala King over Egg
Noodles
Cucumber Dill Sandwich
with Ham and Herb Mayo or
on Greens

Sides

Mixed Vegetables

FRI. 7/3

Appetizer

Garden Salad

Mains

Baked Haddock with Ritz
Crumb
Turkey and Cheese Sandwich
with side of Lettuce and
Tomato

Sides

Broccoli and Roasted Potatoes

SAT. 7/4

Mains

BBQ Kielbasa
Cheeseburger
Tuna Sandwich or on
Greens

Sides

Cole Slaw and Potato Chips

Dessert

Strawberry Rhubarb
Shortcake with Angel Food
Cake

Check out
the back
for food
facts!!!

June 28th – July 4th

FOOD FACTS

The beloved tradition of outdoor, bone-in pork cooking can be traced back to French speaking pirates in the Caribbean. They called their massive feasts “de Barbe et queue” which is where the word Barbeque originates.

Sweedish meatballs are famous world wide and Ikea has a lot to do with that! Ikea began selling food to keep shoppers in the store longer and Sweedish meatballs is on the list. They sell well over 150 meatballs a year!

The hallmark to a great chicken piccata is keeping the meat extremely tender. The chicken is pounded paper thin allowing for a quick cook and the light coating of flour on the outside of the chicken helps to give it that drispy golden brown crust.

The history of tacos is deep rooted in Mexico where soft shell tacos have been around for centuries. In the mid 20th century the United States introduced the hard shell taco which has now become just as popular as the soft shell when enjoying tacos.

Turkey a la King is essentially a warm, savory turkey pot pie filling served open-face over toast, puff pastry, or biscuits. Historically it was actually made with chicken, turkey was introduced as a way to use leftover holiday foods.

Broccoli is an ancient super food belonging to the cabbage family that has been cultivated for over 2,000 years. It was highly regarded during the Roman Empire and is packed with nutrients. One cup of Broccoli has more vitamin C than an orange.

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

Kielbasa is centuries old and a cultural icon in Poland. Kielbasa translates to “sausage”. Traditional Polish recipes are packed with garlic, marjoram, and salt, with over 100 regional varieties. Before it became an everyday staple it was considered a rich person’s food and was mostly consumed at royal feasts.