



June 7<sup>th</sup> - June 13<sup>th</sup>



# LUNCH MENU

**SUN. 6/7**

**Appetizer**

Garden Salad

**Mains**

French Onion Braised Beef

Ham Salad Sandwich

**Sides**

Cauliflower, Chips, and

Pickles

**MON. 6/8**

**Appetizer**

Caesar Salad

**Mains**

Cheese Ravioli with

Sausage Marinara

Clam Chowder

**Sides**

Mixed Vegetables and

Rolls

**TUES. 6/9**

**Appetizer**

Pearled Couscous Salad on

Greens

**Mains**

Pork Stew

Turkey Salad Plate

**Sides**

Cornbread and Mixed

Vegetables

**WED. 6/10**

**Appetizer**

Watermelon Salad

**Mains**

Cheeseburgers with Lettuce

and Tomato

BBQ Kielbasa

**Sides**

Potato Salad

**THURS. 6/11**

**Appetizer**

Chef's Choice Soup

**Mains**

Chicken Marsala over Mashed

Potatoes

Egg Salad on Toast

**Sides**

Green Beans, Chips, and Petit

Salad

**FRI. 6/12**

**Appetizer**

Garden Salad

**Mains**

Cod Served with a Light Herb

Cream Sauce

Eggplant Parmesan

**Sides**

Brussel Sprouts and Orzo

Pilaf

**SAT. 6/13**

**Appetizer**

Chef's Choice Salad

**Mains**

Beef Stuffed Cabbage Rolls

over Rice

Tuna Salad on Toast

**Sides**

Mixed Vegetables, Chips,

Pickle, and Fruit

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

June 7<sup>th</sup> - June 13<sup>th</sup>

# FOOD FACTS

Pickles have been a brined staple for over 5,000 years. Cleopatra credited pickles for her beauty, and Julius Caesar fed them to his troop to boost their strength. Today Nasa astronauts eat pickles in space because the electrolytes help maintain fluid balance.

Ravioli is rich in history. The name ravioli derives from the old Italian word riavvolgere, which means “to wrap”. One of the earliest recipes dates back to the 14<sup>th</sup> century. It was found in personal letters of a merchant named Francesco Datini.

True, crispy cornbread relies on preheating the a cast iron pan, then traditionally the batter is poured into the greased, hot cast iron pan immediatly to form the crunchy golden crust.

Watermelon originated in Africa over 5,000 years ago with the first recorded harvest being in Egypt. They were often placed in tombs as well to continue to nurish the dead in the afterlife.

Marsala wine, which gives the dish it's signature flavor, is a fortified wine produced exclusively around the city of marsala in western sicily. It was originally fortified with extra alcohol to allow the wine to make it on long voyages across the sea.

Cod is a mild, flaky white fish that is almost completely fat-free. It has an incredibly low calorie count and contains all nine essential amino acids, making it a complete protein.

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

Stuffed cabbage rolls found it's way to Eastern Europe over 2,000 years ago. The dish has direct ties to royalty when King Charles XII of sweeden fled to the Ottoman Empire in the early 1700s and brought the recipe back.