



May 31st - June 6th



LUNCH MENU

SUN. 5/31

Appetizer

Garden Salad

Mains

Brisket Meal

Egg Salad on Greens or a Sandwich

Sides

Roasted Potatoes and Buttered Corn



MON. 6/1

Appetizer

Caesar Salad

Mains

Spaghetti with Meatballs

Turkey Club Sandwich

Sides

Zucchini

TUES. 6/2

Appetizer

Lentil Soup

Mains

Roasted Ham with

Pineapple

Chef's Salad with Egg, Cheese, Fruit, and Italian

Dressing

Sides

Sweet Potatoes and Mixed Vegetables

WED. 6/3

Appetizer

Chef's Soup

Mains

Beef Tacos Served with Lettuce,

Tomato, Avocado, and Salsa

Tuna Salad Sandwich with

Greens and Tomatoes

Sides

Mexican Rice, Chips, and

Pickles

THURS. 6/4

Appetizer

Chef's Choice Salad

Mains

Baked Chicken Thighs in a

Parmesan Cream Sauce

Ham and Swiss Sandwich on a

Roll with Dijon Mayonnaise,

lettuce, and Tomato

Sides

Brown Butter Gnocchi and

Sauteed Spinach



FRI. 6/5

Appetizer

Chef's Choice Soup

Mains

Sauteed Bay Scallops over

Mediterranean Orzo

Egg Salad Sandwich

Deli Sandwich

Sides

Mixed Vegetables

SAT. 6/6

Appetizer

Feta, Berries, and Walnuts

Salad with Balsamic

Vinaigrette

Mains

Pork Tenderloin

Quiche with Bacon, Broccoli,

and Cheese

Sides

Mashed Potatoes, Sauteed Apples, and Buttered Carrots

Check out
the back
for food
facts!!!

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FOOD FACTS

Brisket was once considered “Trash Meat”. It was incredibly cheap in the early 20th century and often considered a throwaway cut. It wasn't until the 1950s that public restaurants started putting it on menus.

The word spaghetti comes from the Italian word spago, which means “string”. The -etti at the end translates to “little”, making the full translation of Spaghetti “little strings”.

The Myth About Ham:
Some ham experts swear that the hams made from the left leg of a pig are more tender. The theory is that pigs scratch themselves with their right leg making those muscles tougher than the left!



Tacos date back to the Aztecs when indigenous people in Mexico used early corn tortillas as edible spoons to scoop up fish and roasted meats. Americans consume over 4.5 billion tacos annually.

Gnocchi is not actually pasta! They are classified as dumplings made from a combination of potatoes, flour, and eggs. They predate pasta and date back to Ancient Rome.



The natural diet of bay scallops yields a higher glycogen content, giving them a distinctively sweeter and more tender taste than the larger Atlantic sea scallop. Because of their sweetness and environment they can be eaten raw.

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

Heating apples breaks down their cell walls and releases pectin. This natural soluble fiber soothes the gut, making sauteed apples significantly easier for sensitive stomachs to digest versus raw ones.

