



July 12th - July 18th



SUPPER MENU

SUN. 7/12

Appetizer

Caesar Salad

Mains

American Chop Suey

Split Pea Soup

Sides

Fruit and Biscuits

MON. 7/13

Appetizer

Carrot Apple Soup

Mains

Turkey Italian Sandwich

BLT Salad with Ranch

Sides

Cottage Cheese and Fruit

TUES. 7/14

Appetizer

Chef's Salad with Egg and
Bacon Vinaigrette

Mains

Shrimp Stew

Deli Sandwich

Sides

Fruit and Biscuits

WED. 7/15

Appetizer

Tomato Soup

Mains

Grilled Cheddar Cheese and
Basil Sandwich

Farro and Cucumber Salad

Sides

Fruit

THURS. 7/16

Appetizer

Caesar Salad

Mains

Hawaiian, Cheese, Or
Pepperoni Cabin Pizza

Sides

Fruit

FRI. 7/17

Appetizer

Vegetable and Barley Soup

Mains

Greek Salad with Deli Meat

Monte Cristo Sandwich

Sides

Fruit

SAT. 7/18

Appetizer

Potato Leek Soup

Mains

Hot Dog on a Bun, Served
with Baked Beans and Brown

Bread

Cobb Salad

Sides

Fruit

Check out
the back
for food
facts!!!

July 12th – July 18th

FOOD FACTS

American chop suey is a comforting New England staple. Unlike traditional pasta dishes where the noodles are boiled separately and sauced at the end, true American chop suey is typically made by cooking the macaroni directly in the seasoned tomato sauce and meat mixture.

Cottage cheese is a fresh, unaged cheese. Historically it was made by cottagers after churning butter with the leftover milk. Cottage cheese is packed with protein and nearly 70 percent of calories from Cottage cheese come from the casein protein.

Shrimp stew is a versatile dish that ranges from dark cajun stews to tomato based Mediterranean and Caribbean creations. Shrimp is a delicate protein and often when chef's are creating a shrimp based stew the shrimp are added last and cooked for roughly 2-5 minutes just long enough for them to turn pink and the tails to curl.

Farro and cucumber salad is a refreshing Mediterranean-style dish. Farro is an ancient strain of wheat that was a famous ration used by the Roman Legions as they expanded across the western world.

Americans eat about 3 billion pizzas annually, roughly 23 pounds per person. Pepperoni is the nation's favorite topping, while anchovies rank last. The very first pizzeria opened in Manhattan in 1905. The largest pizza ever made was 13,580 square feet, Baked in Rome, Italy in 2012.

The Monte Cristo sandwich typically consists of layered ham, turkey, and Swiss cheese between slices of bread, dipped in egg batter, and fried until golden. Traditionally the sandwich is dusted with powdered sugar and served with a side of tart fruit preserves for dipping.

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

Potato and leek soup is a culinary classic that dates back to ancient Egypt, where leeks were celebrated for their healing properties. Since then the dish has evolved and is eaten both hot and cold across the globe.