



July 19th - July 25th



SUPPER MENU

SUN. 7/19

Appetizer

Corn Chowder

Mains

Broccoli and Feta Quiche
Bacon and Onion Quiche
Chef Salad with Gorgonzola
Crumbles and Rye Croutons

MON. 7/20

Appetizer

White Bean and Chicken
Chili

Mains

Tuna or Egg Salad
Sandwich or on Large
Summer Salad with Italian
Dressing

TUES. 7/21

Appetizer

Cucumber Salad on Greens

Mains

Shepard's Pie with Ground
Turkey
Corned Beef and Cheese
Sandwich

WED. 7/22

Appetizer

Broccoli Soup

Mains

Tomato and Mozzarella
Salad
Grilled Ham and Cheese
Sandwich
Grilled Cheese

THURS. 7/23

Appetizer

Grape Salad

Mains

Tortellini, Sausage and
Vegetables in a Light Broth
Tuna Salad Sandwich

Sides

Patit Side Salad with Italian
Dressing

FRI. 7/24

Mains

Calm Chowder with a
Biscuit
Green Goddess Salad
Deli Sandwich

SAT. 7/25

Mains

Hot Dog on a Bun,
Served with Baked
Beans and Brown Bread
Greek Salad with Deli
Meat

Sides

Fruit and Cottage
Cheese

Check out
the back
for food
facts!!!

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FOOD FACTS

Gorgonzola is one of the world's oldest blue cheeses, dating back to 879 AD. It was accidentally created when leftover curd was left overnight. Because the lactose in milk is consumed by bacteria and mold during the fermentation and aging process, it is naturally a lactose-free cheese.

Italian dressing is an American invention and despite the name has no roots in Italy. Instead it is a spin on a mediterranean oil and vinegar dressing. In America it is the second most popular dressing right behind ranch. It did hold the number one spot as most loved dressing prior to 1983 when ranch dressing took the top spot.

Corned beef gets its name from the coarse, "corn-sized" kernels of salt that historically were used to cure the meat. Corned beef is an Irish-American invention which was created by Irish Immigrants in New York City. The dish was created as Irish Immigrants were unable to find their native Irish Bacon so they bough beef brisket and used that in there traditional dishes instead.

Mozzarella is the most consumed cheese in the United States. Americans consume roughly 11.5 pounds per person annually. Legend has it that mozzarella was invented by accident when cheese curds fell into a pail of hot water at a dairy factory.

Traditionally Americans serve tortellini in thick, creamy sauces. Traditional fillings in tortellini are a blend of pork loin, raw prosciutto, mortadella, parmesan cheese, eggs, and nutmeg. Before the 19th century tortellini was considered a luxury food because it was a labor intensive dish.

Green Goddess salad is a vibrant, herb-packed dish. A recent viral social media craze transformed the classic dressing into a finely chopped scoopable salad. It's a culinary staple of San Francisco, so much so that the city declared August 23 "Green Goddess Day" in 2023.

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

Botanically speaking, tomatoes, cucumbers, pumkins, and avocados are all officially fruits because they contain seeds. Meanwhile a strawberry is not a true berry, but a banana actually is one.