



July 5th - July 11th



SUPPER MENU

SUN. 7/5

Appetizer

Chicken and Farro Soup

Mains

Egg Salad Sandwich

Garden Salad

Sides

Fruit

MON. 7/6

Appetizer

Tomato Soup

Mains

Vegetable and Cheese

Quiche

Ham and Cheese Sandwich
on Wheat

Sides

Mandarin Oranges

TUES. 7/7

Appetizer

Fish Chowder with Oyster

Crackers

Mains

BLT Sandwich

BLT Salad

Sides

Fruit

WED. 7/8

Appetizer

Soup of the Day

Mains

Crab Roll

Caprese Salad Wrap with
Ranch

Sides

Chips and Petit Salad

THURS. 7/9

Appetizer

Mulligatawny Stew with
Garlic Naan

Mains

White Bean Summer Salad
with Basil Vinaigrette

Sides

Cottage Cheese and Fruit

FRI. 7/10

Mains

Rainbow Garden Salad with
Green Goddess Dressing and
Deli Turkey or Ham with Rye
Croutons

Tuna Salad Sandwich

Sides

Fruit

SAT. 7/11

Mains

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

Summer Vegetable Salad with
Roasted Chickpeas and Italian
Dressing

Sides

Fruit

Check out
the back
for food
facts!!!

July 5th - July 11th

FOOD FACTS

Farro soup is a nutrient-dense mediterranean dish. Unlike pasta or rice farro holds its firm, nutty texture for days without becoming mushy. This grain dates back thousands of years and was found in the tombs of Egyptian Kings.

Quiche originated from Germany and derives from the word “kuchen” which means cake. It was invented in the medieval kingdom of Lothringen which the French later annexed and renamed Lorraine. Classic Quiche Lorraine did not include cheese and only contained eggs, cream, and bacon.

While variations existed much earlier the BLT as we know it became popular after WWII. With the rapid expansion of supermarkets making fresh lettuce and tomatoes available year round and the rising number of women entering the work force the need for a quick and easy meal was huge. The BLT was an excellent option for a low-maintenance lunch.

Crab rolls are a seafood favorite that offer an alternative to the lobster roll. Just like lobster rolls, crab rolls come in one of two styles. The New England style: chilled with mayonnaise, lemon, and herbs or Connecticut style: warm crab meat tossed in melted garlic butter.

Mulligatawny soup is an Angl-Indian fusion dish. It's name translates to “pepper water” in Tamil. Initially it was created as a simple spicy broth which has transformed into a hearty, creamy soup often packed with chicken, apples, lentils, and curry.

Traditional Green Goddess dressing relies on anchovies or anchovy paste for it's deep and savory flavor. It's mixed with a base of mayonnaise, sour cream, and fresh herbs such as chives and tarragon.

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

Chickpeas are one of the oldest cultivated legumes dating back over 7,000 years ago. Chickpeas have several uses other than being a healthy snack. The plant stems and leaves are a natural insect repellent, They help to restore depleted soils, and they have historically been used as substitutes for coffee.