



July 12th – July 18th



LUNCH MENU

SUN. 7/12

Appetizer

Garden Salad

Mains

Pork Tenderloin with Ginger

Pear Sauce

Club Sandwich

Sides

Rice, Mixed Vegetables, and
Chips

MON. 7/13

Appetizer

Fruit Salad

Mains

Lemon Garlic Chicken Breast

Ham and Cheese Quiche

Sides

Red Potatoes and Vegetable
Medley

TUES. 7/14

Appetizer

Tomato, Basil, and
Cucumber Salad

Mains

Meatloaf with Gravy

Tuna Salad Sandwich or
on Salad Greens

Sides

Mashed Sweet Potatoes
and Buttered Corn

WED. 7/15

Appetizer

Chef's Choice Soup

Mains

BBQ Ribs

Teriyaki Chicken

Egg Salad Sandwich

Sides

Baked Potato, Broccoli
Salad, and Chips

THURS. 7/16

Appetizer

Mixed Green and Beet Salad

Mains

Roasted Turkey Breast with
Sage Cream Sauce

Roast Beef and Swiss
Sandwich

Sides

Brussels Sprouts, Buttered
Noodles, and Chips

FRI. 7/17

Appetizer

Mixed Green Salad with
Pickled Vegetables

Mains

Baked Cod with Ritz Butter
Crumb

Chicken Salad Sandwich

Sides

Steamed Carrots and Orzo
with Herbs

SAT. 7/18

Appetizer

Chef's Choice Soup

Mains

Beef and Broccoli over
Mixed Vegetables and
Brown Rice

Caesar Salad with Shrimp

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

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FOOD FACTS

The earliest known mention of the club sandwich comes from November 1889 in issue of The Evening World. It originated at the ultra-exclusive Union Club of the City of New York as the Union Club Sandwich.

The acid in lemon juice acts as a natural meat tenderizer, but it can be a double edged sword. Marinating chicken for too long (over 4 hours) causes the proteins to break down too much, resulting in a mealy texture. Generally you want to marinate chicken no more than two hours.

Meatloaf was originally a survival dish born in ancient Rome. It was designed to stretch expensive meats by mixing them with wine soaked bread and nuts. The dish became popular in America during the great depression when amounts of ground meat were small and mixed with oats, crackers, and cereal to make a more hearty dish.

BBQ ribs are an American culinary staple, but they were not always treated as the popular dish they are today. Before mechanical refrigeration in the late 1800s, butchers couldn't preserve ribs easily. This led to massive quantities being discarded as waste.

Sage cream sauce is created when combining heavy cream, sage, and butter. Frying whole fresh sage leaves in foaming butter before adding cream is a technique that releases fat-soluble essential oils, transforming it into a rich creamy sauce. The savory flavor is used to compliment the flavor of rich proteins like scallops, pork, and poultry..

Steaming carrots actually increases the natural health benefits. Cooking them breaks down the rigid cell walls which boosts your body's absorption of beta-carotene (which is used to make Vitamin A).

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

Beef and Broccoli is actually an American invention rather than a traditional Chinese dish. It was developed by Chinese immigrants in California in the 1920s adapting their traditional recipes using readily available and local ingredients.