



July 19th - July 25th



LUNCH MENU

SUN. 7/19

Appetizer

Garden Salad

Mains

Pork Tenderloin Medalions
with Pan Sauce
Macaroni and Cheese with

Ham

Sides

Mashed Sweet Potatoes and
Asparagus

MON. 7/20

Appetizer

Ranch Chopped Salad

Mains

Spaghetti and Meatballs
with Fettuccine
Shrimp Roll

Sides

Garlic Bread, Mixed
Vegetables

TUES. 7/21

Appetizer

Strawberry Watermelon
Salad with Balsamic

Mains

Fish Cakes with
Remoulade Sauce
Chicken Salad Sandwich

Sides

Cole Slaw

WED. 7/22

Appetizer

Italian Wedding Soup

Mains

Cheeseburgers with Lettuce,
Tomato, and Red Onion
Large Summer Salad with
Berries and Deli Meat

Sides

Pasta Salad and Buttered
Corn

THURS. 7/23

Appetizer

Soup of the Day

Mains

Chicken Tacos with Salsa,
Sour Cream, Cheese, and
Cilantro Lime Side Salad
Egg Salad Sandwich

FRI. 7/24

Appetizer

Caesar Salad

Mains

Shrimp Carbonara
Turkey Salad Sandwich

Sides

Broccoli

SAT. 7/25

Appetizer

Garden Salad

Mains

Pot Roast
Cucumber and Turkey
Sandwich with Cream
Cheese and Dill

Sides

Buttered Carrots

Check out
the back
for food
facts!!!

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FOOD FACTS

Macaroni and cheese is centuries old with the earliest recipe dating back to 14th century Italy. During World War II the dish became wildly popular as the government heavily promoted it to help ration meats, it was also a very affordable meal option.

Fettuccine translates to “little ribbons” in Italian and is traditionally made from flour and eggs. While heavily associated with Alfredo, authentic Roman versions contain absolutely no heavy cream. Instead the recipe used butter, pasta water, and Parmesan cheese.

Remoulade sauce is a mayonnaised based condiment. French versions of the sauce feature capers, herbs, and anchovies. American versions adapted a spicier version featuring creole mustard, hot sauce, and paprika.

Americans consume roughly 50 billion burgers every year, enough to circle the earth more than 30 times. The world’s largest commercially sold burger is 1,744 pounds and stands three feet tall. Created in Michigan this burger sells for \$7,779.00 and requires three days notice!

Americans eat over 4.5 billion tacos each year, and they are a global favorite. Many popular chicken taco recipes use greek yogurt or sour cream in the marinade. The dairy helps to tenderize the chicken while keeping the chipotle or chili spices from being too overpowering.

Shrimp carbonara is a modern twist on a classic Roman pasta dish that traditionally featured cured pork jowl. This modern twist is considered a rule breaker for authentic Italian cooking. Italian cooking insists that mixing seafood with cheese is a no-go.

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

Pot roast is an American staple that transforms tougher cuts of meat into delicious meals through a low and slow cooking process. American pot roast draws its roots from European cooking, specifically similar French and German dishes. When cooked with potatoes, carrots, and onions this dish is referred to as “Yankee pot roast”.