



July 5th - July 11th



LUNCH MENU

SUN. 7/5

Appetizer

Chef's Summer Salad

Mains

Roasted Pork Loin

Deli Sandwich

Sides

Vegetable Mix and Rice

MON. 7/6

Appetizer

Salad Greens with Goat Cheese,
Walnuts, and Citrus Vinaigrette

Mains

Shrimp Fettuccine Alfredo
Turkey and Swiss Sandwich
with Tomato and Cucumber

Sides

Buttered Peas

TUES. 7/7

Appetizer

Chef's Choice Salad

Mains

Chicken Marsala

Corned Beef and Cheese
Sandwich on a Hoagie Roll
with 1000 Island Dressing,
Tomatoes, and Lettuce

Sides

Red Potatoes and Carrots

WED. 7/8

Appetizer

Watermelon and Mint Salad

Mains

Roasted Ham with
Pineapple

Turkey Salad Sandwich

Sides

Sweet Potatoes and Spinach

THURS. 7/9

Appetizer

Italian Wedding Soup

Mains

Quesadilla with Ground Beef
Served with Salsa, Sour
Cream, Lettuce, and
Buttered Corn
Chef's Salad

FRI. 7/10

Appetizer

Lentil Soup

Mains

Salmon with Herb Sauce
Roast Beef and Swiss
Sandwich on Wheat

Sides

Zucchini and Mashed Potatoes

SAT. 7/11

Appetizer

Peachy Keen Salad

Mains

Eggplant and Sausage
Lasagna

Tarragon Chicken Salad
Sandwich with Walnuts and
Apples

Sides

Cauliflower

Check out
the back
for food
facts!!!

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FOOD FACTS

Rice is the world's most vital staple food. There are over 40,000 varieties of rice currently. Uncooked white rice can last 10 to 30 years if stored in a cool, dry place. Aside from being a shelf stable food staple during the Ming Dynasty workers used a mixture of rice and calcium carbonate to bind the stones of the Great Wall of China.

Goat cheese is one of the oldest dairy products, dating back over 7,000 years ago. It is much easier to digest and contains less lactose than cow's milk because of its unique protein structure and smaller fat molecules. It's a great source of protein and vitamin A as well.

While the wine to make chicken marsala is Sicilian, the rich mushroom sauce relies on classic French cooking techniques. Chicken Marsala is an Italian-American dish created by immigrants who missed the flavors of home but had better access to chicken.

Pineapples are not actually a single fruit. They are a cluster of dozens of individual berries that fuse together around a central core. They are native to South American and grow on the ground from leafy plants, taking up to three years to fully mature.

Long before it became an Italian-American staple, Italian wedding soup was a resourceful dish for poor families to use cheap scraps of pork, cured meats, and foraged wild greens to create a hearty dish. Early versions of the soup did not contain meatballs. It wasn't until the 1800s when Italian immigrants adapted the recipe to be more accessible.

Zucchini is technically a fruit. Zucchini consists of 95% water and contains more potassium than a banana. They are considered a fruit because they develop from a flower. Both male and female zucchini blossoms are edible and are often fried or stuffed as a delicacy.

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

Tarragon is called the “king of herbs” in French cooking. While Americans might think of tarragon as purely savory. It is popular in Eastern Europe where it is used to make herbal and slightly sweet soda. Ancient Greeks also used tarragon however, they used it as a way to relieve toothaches as the leaves contain a natural anesthetic.