



August 23rd - August 29th

SUPPER MENU



SUN. 8/23

Appetizer

Caesar Salad

Mains

Meatball Sub Casserole

Deli Sandwich

Sides

Fruit

MON. 8/24

Appetizer

Coconut Carrot Soup

Mains

BLT Sandwich or Salad
with Ranch

Sides

Fruit and Cottage Cheese

TUES. 8/25

Appetizer

Broccoli Zucchini Soup

Mains

Patty Melt Sandwich

Cobb Salad

WED. 8/26

Appetizer

Seafood Chowder
served with a biscuit

Mains

Egg Salad Sandwich

Salad Plate

Sides

Fruit and Cottage
Cheese

THURS. 8/27

Appetizer

Wedge Salad

Mains

Turkey Reuben Sandwich

Grilled Cheese on Rye

Corn Chowder with Oyster
Crackers

FRI. 8/28

Appetizer

Chef's Choice Soup

Mains

Zucchini and Pesto
Lasagna with Ground
Sausage

Deli Sandwich with
Greens and Tomatoes

Sides

Fruit

SAT. 8/29

Mains

Hot Dog with Baked
Beans and Brown Bread
Shrimp Roll or as a
Salad Plate

Sides

Buttered Corn, Fruit,
and Cottage Cheese

Check out
the back
for food
facts!!!

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FOOD FACTS

Meatballs are an ancient dish that started as a way to stretch cheap meat and stale bread. Today, almost every country enjoys its own variation. The oldest known meatball recipe comes from a 10th century Arabic cookbook. IKEA food markets sell over 1 billion meatballs a year!

Coconut carrot soup isn't usually traced to one historical recipe. Modern versions combine the European tradition of smooth vegetable soups with flavors and ingredients common in tropical and Asian cuisines. Coconut milk has a long culinary history. For centuries chefs in many regions used coconut milk to add richness to recipes

The patty melt became especially popular in American diners during the 1940s and 1950s. It's a combination of two favorites: the hamburger and the grilled cheese sandwich. Traditional patty melts are served on two slices of grilled rye bread with the classic choice of swiss cheese.

Egg salad has Victorian-era roots. Recipes combining chopped hard-boiled eggs with creamy dressings became increasingly common in European and American cookbooks during the 19th century. Mayonnaise has an even longer history. Mayonnaise became popular in French cuisine in the 18th and 19th centuries and eventually became the classic ingredient that gives egg salad its creamy texture.

Chowder has deep New England roots! Thick, hearty chowders became especially popular along the New England coast during the 1700s, where fishing communities made filling one-pot meals. The word "chowder" may have a French connection. It is often linked to the French word "chaudière," referring to a large cooking pot or cauldron used to prepare stews.

Lasagna has ancient roots! The name is often connected to the ancient Greek word "laganon," which described flat sheets of dough cut into strips. It wasn't the cheesy lasagna we know today, but it may have influenced later pasta dishes. Medieval Italians were eating lasagna centuries ago. Written recipes for lasagna appear in Italian cookbooks dating back to the Middle Ages, making it one of Italy's oldest documented pasta dishes.

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

Shrimp has been eaten for thousands of years. Archaeological evidence shows that coastal communities around the world have harvested and eaten shrimp and other shellfish since ancient times. Shrimp rolls are cousins of the famous lobster roll. The New England tradition of serving chilled seafood in a split-top bun helped inspire versions made with shrimp, crab, and other seafood.