



August 16th - August 22nd



SUPPER MENU

SUN. 8/16

Mains

Haddock and Sausage
Gumbo over Rice
Large Salad with Berries and
Deli Meat

Sides

Fruit and Cottage Cheese

MON. 8/17

Appetizer

Cucumber and Dill Salad
with Ranch

Mains

Chili with a Cornbread
Muffin
Deli Sandwich of Choice
with Greens

TUES. 8/18

Appetizer

Tomato Basil Soup

Mains

Grilled Corned Beef and
Cheese on Rye
Petit Salad with Italian
Mediterranean Salad
Wrap with Diced
Chicken

WED. 8/19

Appetizer

Peach and Tomato
Salad

Mains

Large Garden Salad
with Chilled Salmon
and Lemon Dill Sauce
Deli Sandwich on Toast
with a Petit Salad

THURS. 8/20

Appetizer

Chef's Choice Soup

Mains

Monte Cristo Sandwich with
Strawberry Dipping Sauce
Large Greek Salad with Deli
Meat

FRI. 8/21

TAKE OUT NIGHT!

Cabin Pizza with a Side
Salad and Fruit Dish

Sandwich and Soup by
Request

SAT. 8/22

Mains

Hot Dog with Baked
Beans and Brown Bread
Large Salad with White
Beans and Vinaigrette
Deli Sandwich

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

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FOOD FACTS

Gumbo is a Louisiana classic. The dish developed through the blending of West African, Native American, French, Spanish, and other culinary traditions. The roux in gumbo reflects the French influence. Many gumbo recipes begin with flour and fat cooked together.

Chili has deep roots in the American Southwest. The dish became especially associated with Texas in the 1800s. Early Texas chili was often very simple. Many versions consisted of meat, dried chile peppers, spices, and liquids, skipping the tomatoes and beans commonly used today.

Corned beef became closely associated with Irish Americans. Irish immigrants in the United States found beef more affordable and accessible than it had often been in Ireland. Immigrants adapted familiar meals using inexpensive corned beef available.

Serving salmon cold goes back centuries. Long before refrigeration, people preserved salmon by salting, smoking, drying, and curing it so it could be enjoyed well beyond fishing season. Cold salmon became an elegant European dish in the 18th and 19th centuries.

The Monte Cristo is believed to have developed from the French croque monsieur, a hot ham-and-cheese sandwich that became popular in French cafes in the early 1900s. The bread is traditionally dipped in an egg mixture before being fried or grilled, giving it a nice golden exterior.

TAKE OUT NIGHT!

Meal Times

Breakfast: 7:30 - 8:15

Lunch: 11:30 - 12:30

Cottagers Pick Up 12:00

Supper 4:30 - 5:30

Bean suppers are a New England tradition. For generations churches, granges, fire departments, and community organizations have hosted bean suppers as an affordable way to bring communities together. Traditional suppers included brown bread, biscuits, or rolls, coleslaw, pickles, hotdogs, ham, and of course homemade desserts.