



August 2nd - August 8th



SUPPER MENU

SUN. 8/2

Appetizer

Corn Chowder with a Roll

Mains

Orange and Olive Salad on
Greens with Chicken Salad

Sides

Fruit and Cottage Cheese

MON. 8/3

Appetizer

Tomato and Cucumber
Salad with Herbs and
Vinaigrette and
Gorgonzola Crumbles

Mains

Chicken Vegetable Soup
Ham and Cheese Sandwich

TUES. 8/4

Mains

Italian Sandwich
Summer Salad with
Berries, White Beans,
and Greek Dressing

Sides

Cottage Cheese with
Peaches

WED. 8/5

Appetizer

Cucumber Dill Salad

Mains

Tortellini and Vegetable
Soup

Roast Beef and Swiss
Sandwich

Sides

Fruit

THURS. 8/6

Appetizer

Watermelon Mint Salad

Mains

BLT Sandwich or Salad
Chef's Choice Soup

FRI. 8/7

Mains

Pork Egg Rolls With
Duck Sauce and Coconut
Carrot Soup
Salad with Berries
Tuna Salad and Herb
Ranch or Sandwich

Sides

Fruit and Cottage
Cheese

SAT. 8/8

Mains

Hot Dogs, Served with
Baked Beans, Brown
Bread, and Cole Slaw
Chef's Salad with Italian
Dressing

Sides

Fruit

Check out
the back
for food
facts!!!

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FOOD FACTS

Orange and olive salad is a vibrant Mediterranean dish that balances sweet citrus with salty, briny notes. It's a classic Italian winter staple traditionally served in Sicily and southern Italy during the winter months when citrus fruits are at peak harvest.

Gorgonzola is a famous Italian blue cheese with ancient origins, dating back to the 9th century. It was named after a small village near Milan, Italy where it was first traded/made.

There are two types of Gorgonzola, Gorgonzola Dolce aged for around 50 days and Gorgonzola Piccante which is aged 80 days or more.

Summer Salads with berries are a delicious seasonal treat with lots of fun facts. Strawberries and raspberries are not true berries in botanical terms, but blueberries and blackberries are. One cup of fresh strawberries has more vitamin C than a whole orange. Berries are full of antioxidants that protect your body from cell damage.

Tortellini is a famous ring-shaped stuffed pasta that is known as "ombelico" because it looks like a belly button. Authentic recipes dictate that tortellini should be served in a warm meat broth versus a heavy cream or tomato based sauce. Traditional fillings feature a mix of minced pork, prosciutto, mortadella, and parmesan cheese.

Watermelon mint salad is a refreshing dish that balances sweet and savory flavors. Watermelon is made of 92 percent water making this dish the perfect way to stay hydrated on a hot summer day. Mint also offers great benefits as the oils in the leaves help aid digestion after a large meal.

Pork egg rolls are a popular American-Chinese appetizer with unclear origins. Food historians believe the modern egg roll was created in the United States, Likely New York City during the 1930s. One of the earliest recipes found appeared in Henry Low's 1938 cookbook titled Cook at Home in Chinese.

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

Coleslaw gets its name from the Dutch word Koolsla, meaning cabbage salad and dates back to ancient Roman times. Originally the recipe called for melted butter, oil, or vinegar instead of mayonnaise because mayonnaise was not invented until the mid-18th century.