



August 9th - August 15th



SUPPER MENU

SUN. 8/9

Appetizer

Waldorf Salad

Mains

Seafood Chowder with
Oyster Crackers

Turkey and Swiss Wrap with
Vegetables and Pickles

MON. 8/10

Appetizer

Vegetable Soup

Mains

Turkey and cauliflower
Divan

Cucumber Sandwich with
Ham and Cheese

Sides

Fruit

TUES. 8/11

Appetizer

Mushroom Soup

Mains

Chicken Salad Sandwich

BLT Salad

Sides

Fruit

WED. 8/12

Appetizer

Traditional Chef's Salad

Mains

Shepherd's Pie with
Fluffy Potatoes and
Parsnips

Sides

Fruit

THURS. 8/13

Appetizer

Chef's Soup

Mains

Steak Sub with Peppers and
Onion

Grilled Cheese with Tomato
Chopped Italian Salad

FRI. 8/14

Appetizer

Chef's Soup

Mains

Cobb Salad
American Chop Suey

Sides

Fruit

SAT. 8/15

Appetizer

Garden Salad

Mains

Crab Roll Served with
Chips and Cole Slaw
Grilled Tomato, Bacon,
and Cheddar Sandwich

Sides

Fruit

Check out
the back
for food
facts!!!

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FOOD FACTS

Waldorf salad was invented in 1896 at New York City's famous Waldorf-Astoria Hotel. The original Waldorf salad contained only three ingredients: apples, celery, and Mayonnaise. Walnuts were not part of the original recipe but added later on in variations of the dish.

Cucumber sandwiches were originally invented by British colonists in India around 1870. The dish was created as a way to "beat the heat" since cucumbers contain a high amount of water. It later became a Victorian afternoon tea symbol and a status symbol for the wealthy elite.

Mushroom soup is a cozy, savory dish made by cooking mushrooms in a broth or cream. Foraging for mushrooms to create simple autumn soups has been around for centuries. When mushroom soup became a canned item it became a great ingredient to add to casseroles for a quick sauce base.

Shepherd's pie started in the late 1700s as a clever way for poor families in Britain and Ireland to use leftover meat and cheap potatoes. It was first called "cottage pie" before the name was later changed to "shepherd's pie".

Steak subs started in 1930 when a south Philadelphia hot dog cart vendor grilled chopped beef and onions on a whim for lunch. A taxi driver smelled it, asked to eat it, and fast-food history was changed forever. eventually this led to the opening of the famous Pat's King of Steaks.

American chop suey is a dish that goes by many names. Depending on where you grew up you may call it American goulash, chili mac, or macaroni red just to name a few. It's a one-pot dish made with elbow macaroni, ground beef, onions, and seasoned tomato sauce.

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

Crab rolls are a delicious coastal sandwich featuring tender crab meat served in a buttered, split-top bun. In New England the bun matters, traditionally a split-top bun is used with flat sides that are buttered and grilled to a crisp golden brown.