



August 30th - September 5th

SUPPER MENU



SUN. 8/30

Appetizer

Vegetable Barley Soup

Mains

Watermelon Mint Salad
Ham and Swiss Sandwich

MON. 8/31

Appetizer

Cucumber Salad with
Herbs and Gorgonzola

Mains

Tortellini with Ground
Turkey Marinara Sauce
Bologna and Cheese
Sandwich

Sides

TUES. 9/1

Appetizer

Chef's Choice Soup

Mains

Egg Rolls with Duck
Sauce and Vegetable Rice
Large Salad with Tuna,
Ranch, and Berries

WED. 9/2

Appetizer

Caesar Salad

Mains

Naan Pizzas -
Pepperoni or Veggie
Deli Sandwich by
Request

Sides

Fruit and Cottage
Cheese

THURS. 9/3

Appetizer

Cauliflower and Cheese
Soup

Mains

BLT Sandwich
Large Salad with Diced
Turkey and Feta Crumbles

FRI. 9/4

Appetizer

Chef's Choice Soup

Mains

Green Goddess Salad
with Ham and Turkey
American Chop Suey

Sides

Fruit

SAT. 9/5

Appetizer

French Onion Soup

Mains

Shaved Steak with
Onions and Cheese on a
Hoagie Roll
Greek Salad with Diced
Chicken

Sides

Fruit

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

August 30th - September 5th

FOOD FACTS

Barley is one of the world's oldest cultivated grains. People in the Fertile Crescent were growing barley more than 10,000 years ago. Ancient civilizations depended on barley.

It was an important food for people in ancient Mesopotamia, Egypt, Greece, and Rome, where it was used for breads, porridges, soups, and beverages.

Gorgonzola is one of Italy's most famous cheeses. It is a blue-veined cow's-milk cheese traditionally associated with northern Italy, especially Lombardy and Piedmont. Cheesemakers help create the blue pattern.

During aging, wheels are pierced with needles to allow oxygen inside, encouraging the blue mold to develop.

Early American egg-roll recipes appeared in the early 20th century. By the 1930s, egg rolls were appearing on menus and in cookbooks as Chinese-American cuisine became increasingly popular. Today there are countless variations. Beyond traditional Chinese-American fillings, cooks have created cheesesteak, Reuben, Tex-Mex, buffalo chicken, and even dessert egg rolls.

Caesar salad was created in Mexico, not Italy. It is most closely associated with Tijuana, Mexico, during the 1920s. It was named after a restaurateur, not Julius Caesar.

Italian-born restaurateur Caesar Cardini is traditionally credited with creating the salad. Did You Know? 🥗
Caesar salad celebrated its 100th anniversary in 2024, based on the traditional story that dates its creation to 1924!

Feta has ancient Greek roots. Cheese made from sheep's and goat's milk has been produced in Greece for thousands of years. Traditional feta is primarily made from sheep's milk. Under European rules, authentic Greek feta can also contain goat's milk, but only up to a limited proportion.

American Chop Suey has been a familiar home-cooked and cafeteria meal throughout New England for generations. American Chop Suey was practical for feeding large families because it used affordable ingredients and could easily be made in big batches.

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

Onion soup has been eaten for centuries. Onions were inexpensive, easy to grow, and widely available, making onion-based soups common among working families throughout Europe. French onion soup is often called soupe à l'oignon gratinée when topped with bread and cheese and browned under intense heat.