



August 23rd - August 29th

LUNCH MENU



SUN. 8/23

Appetizer

Chef's Choice Soup

Mains

Scallop Gratin

Corned Beef and Cheese

Sandwich

Sides

Buttered Peas

MON. 8/24

Appetizer

Vegetable Soup

Mains

Hame and Cheese Quiche

Veggie Swiss Quiche

Chicken Salad Sandwich

TUES. 8/25

Appetizer

Garden Salad

Mains

Roasted Whole Chickens

with a Blackberry Sage

Sauce

Turkey Club Sandwich

Sides

Red Potatoes and Carrots

WED. 8/26

Appetizer

Chef's Choice Soup

Mains

Pork Tenderloin with Pan

Sauce Gravy

Tuna Salad Sandwich

Sides

Mashed Potatoes and

Creamed Spinach

THURS. 8/27

Appetizer

Vegetable Soup

Mains

Tacos with Ground Beef and

Mexican Rice Served with

Petit Dressed Salad, Sour

Cream, and Salsa

Ham and Cheese Sandwich

Sides

Petit Salad

FRI. 8/28

Appetizer

Garden Salad with Feta

Mains

Roasted Salmon over Warm

Lentils

Chopped Italian Sandwich

Wrap

Sides

Baked Cauliflower Florets

SAT. 8/29

Appetizer

Beet Salad

Mains

Baked Ham

Large Chicken Caesar Salad

Sides

Mashed Sweet Potatoes and

Steamed Broccoli

Check out
the back
for food
facts!!!

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FOOD FACTS

Peas are actually fruits by definition, and people have been eating them for thousands of years. Fresh green peas are picked before they are ripe. A fully ripe pea is actually yellow. In the 17th century green peas were so rare in England that Queen Elizabeth I had them imported.

Vegetable soup is one of the oldest prepared foods in human history, dating back thousands of years before written recipes existed. Overall evidence of boiling water and food in vessels dates back around 20,000 years. While most vegetable soups are served warm variations from Spain and Portugal are intentionally served chilled.

Sage is an ancient herb, the name comes from the Latin word *salvere* meaning “to be saved”. Historically sage is linked to being used for medicinal purposes. Fruit-and-herb sauces thickened with bread or almonds have roots that date back to medieval Europe, where sweet and savory flavors were frequently used.

Creamed spinach was introduced in the 18th and early 19th century when cooks often served spinach with cream and sugar. The method of adding rich dairy sauces to vegetables comes from classic French cuisine. It became a popular side dish for roasted meats and steaks around the 20th century.

Tacos date back to 1500 BCE in Mexico, where ancient people used soft corn tortillas to hold food. Since then tacos have become a global favorite, even in space tacos are popular as they are easy to eat without making a huge mess. Every October 4th the United States celebrates National Taco Day, while Mexico holds their celebration on March 31st.

Humans have eaten lentils for at least 13,000 years. During the 18th century poor workers in Germany relied on lentils, eye bread, and cabbage to survive. In Italy coin-shaped lentils are consumed on New Year's Eve to bring health and good fortune for the new year.

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

Beets have ancient roots, they grew in the hanging gardens of Babylon around 800 BC. They were often grown by Ancient Greeks, Romans, and Egyptians for their leafy tops rather than the roots. Greeks valued beets very much and offered them to the god Apollo in silver.