



August 16th - August 22nd

LUNCH MENU



SUN. 8/16

Appetizer

Garden Salad

Mains

Chicken Pot Pie

Roast Beef Sandwich on Rye
with Thousand Island

Dressing

Sides

Sauteed Apples

MON. 8/17

Appetizer

Chef's Choice Salad

Mains

Slow-Cooked BBQ Baby

Back Ribs

Tuna Salad Sandwich

Sides

Pasta Salad and
Homemade Creamed Corn

TUES. 8/18

Appetizer

Chef's Soup

Mains

Turkey Breast with Garden

Herbs and Lemon Zest

Large Caesar Salad with

Chilled Shrimp

Sides

Summer Succotash and
Baked Red Potatoes

WED. 8/19

Appetizer

Chef's Soup

Mains

Cheeseburger with Lettuce,
Tomato, and Red Onion

Egg Salad Sandwich

Sides

Broccoli Salad and Potato
Wedges

THURS. 8/20

Appetizer

Greens with Feta and Beets

Mains

Chicken Marsala served over
egg noodles

Turkey Salad Sandwich on a
Hoagie Roll with Herb Cream

Cheese and Cucumbers

Sides

Roasted Brussels Sprouts

FRI. 8/21

Appetizer

Garden Salad

Mains

Baked Cod with Ritz Crumb

Club Sandwich

Sides

Mashed Potatoes and Buttered
Carrots

SAT. 8/22

Appetizer

Chef's Choice Soup

Mains

Beef and Broccoli Stir Fry
over Brown Rice

BBQ Chicken Salad
Sandwich

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

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FOOD FACTS

Pot pies are ancient! dating back to the Roman Empire, when meat was baked inside pastry-like crusts. The crust was not always meant to be eaten. In some early meat pies, the thick pastry shell mainly served as a cooking and storage container.

Corn has ancient roots. Indigenous peoples in the Americas cultivated corn for thousands of years before Europeans arrived. Creamed corn does not necessarily contain cream. Traditional versions get their creamy texture by scraping the milky pulp from fresh corn kernels.

Early succotash was a simple dish. Traditional recipes often featured just corn, beans, and sometimes squash or meat, depending on what was available. Because corn and beans could be dried and stored, versions of succotash helped families make use of preserved food during the colder months.

The cheeseburger is about a century old. One widely told origin story credits teenager Lionel Sternberger with putting a slice of cheese on a hamburger at his father's California sandwich shop in the 1920s.

Chicken Marsala has Italian-American roots. The dish was inspired by sicilian cooking but became especially popular in Italian-American restaurants in the United States. The dish gets its name from Marsala wine, which comes from Marsala, Italy.

Cod has been eaten for centuries. It was an important food for fishing communities across the North Atlantic. European fishermen were drawn to the cod fishing grounds off the coast of North America as early as the 1500s.

Meal Times

Breakfast: 7:30 - 8:15

Lunch: 11:30 - 12:30

Cottagers Pick up 12:00

Supper 4:30 - 5:30

Chicken became a BBQ favorite because it cooks relatively quickly. Compared with large cuts of pork or beef, BBQ sauce changes depending on where you are. The Carolinas are famous for vinegar and mustard sauces, while Kansas City is known for thick, sweet, tomato-based sauce.