



August 2nd - August 8th



LUNCH MENU

SUN. 8/2

Appetizer

Soup of the Day

Mains

Pork Cacciatore with
Fettucine

Turkey and Cheddar Sandwich

Sides

Mixed Vegetables

MON. 8/3

Appetizer

Garden Salad

Mains

Beef Daube Over Rice Pilaf

Tuna Salad on a Hoagie
Roll

Sides

Broccoli

TUES. 8/4

Appetizer

Caesar Salad

Mains

Herbs de Provence Shrimp

Turkey Salad Wrap

Sides

Pea Couscous and Summer
Squash

WED. 8/5

Appetizer

Soup of the Day

Mains

Cheeseburgers with Lettuce,
Tomato, and Red Onion

Egg Salad Sandwich on Rye

Toast with Greens

Sides

Potato Salad

THURS. 8/6

Appetizer

Beet Salad

Mains

Roasted Chickens with
Lemon Garlic Sauce

Vegetable Quiche

Sides

Red Potatoes and Mixed
Vegetables

FRI. 8/7

Appetizer

Garden Salad

Mains

Baked Bay Scallops with
Crumb and Herb Butter Sauce
Turkey Club Wrap

Sides

Parmesan Zucchini and Orzo
pilaf

SAT. 8/8

Appetizer

Soup of the Day

Mains

Roasted Ham with
Pineapple Sauce

Shrimp Salad Sandwich or
on Greens

Sides

Cauliflower and Sweet
Potatoes

Check out
the back
for food
facts!!!

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FOOD FACTS

Pork cacciatore is a rustic Italian braise featuring tender meat, sweet bell peppers, and tomatoes. The word cacciatore comes from cacciatore meaning hunter in Italian. Early versions of the dish used whatever game hunters caught in the woods, such as rabbit or boar rather than domestic animals.

Beef daube is a French slow-cooked stew featuring ingredients and traditions like specialized pots, citrus twists, and age-old preparation rules. The dish is traditionally cooked in a special pot bellied clay pot called a daubiere. It comes from a Provence in the south of France where people have made this dish for centuries.

Herbs de Provence shrimp combines a sweet, briny seafood base with a classic French dried herb mixture containing thyme, rosemary, and marjoram. Traditionally when prepared the spices used were whatever was grown and on hand. In the 1970s commercial spice companies started selling the dried herb blend for tourists.

Egg salad is a classic made from hard-boiled eggs and mayonnaise that rose to popularity in the 1900s. The famous egg salad sandwiches sold at the Masters Golf Tournament in Augusta, Georgia, cost only \$1.50 and have remained a secretive, highly coveted tradition for decades.

Beet Salad has a history dating back to ancient Roman cuisine. People first grew beets mostly for their leafy greens rather than the roots, which were used more as medicine. Roman cooks started writing recipes for the root itself during the 2nd and 3rd centuries.

Bay scallops make a fast, sweet, and tender meal that cooks in just one to two minutes. They pair best with pasta, rice, or creamy chowders. Just like wine or oysters the exact flavor of bay scallops' changes depending on their specific bay or home waters. They are famous for a rich, natural sweetness that is much more pronounced than larger sea scallops.

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

Cauliflower is a diverse kitchen ingredient because it can be prepared in a multitude of ways. Cauliflower can easily mimic rice, mashed potatoes, and pizza crusts because it takes on new flavors very well.