



August 9th - August 15th



LUNCH MENU

SUN. 8/9

Appetizer

Garden Salad

Mains

BBQ Chicken Thighs

Ham and Cheese Sandwich
with Djon Mayo

Sides

Haricot Verts and Garlic
Butter Rice

MON. 8/10

Appetizer

Caesar Salad

Mains

Spaghetti with meat Sauce

Tuna Salad Sandwich

Sides

Garlic Bread and Squash

TUES. 8/11

Appetizer

Petit Rainbow Summer
Salad

Mains

Pot Roast

Egg Salad Sandwich

Sides

Potatoes and Mixed
Vegetables

WED. 8/12

Appetizer

Chef's Soup

Mains

Roasted Pork Loin

Shrimp Salad Roll

Sides

Mashed Sweet Potatoes and
Buttered Carrots

THURS. 8/13

Appetizer

Mixed Garden Vegetable
Salad

Mains

Chicken Quesadillas

Turkey Salad Sandwich

Sides

Cajun Rice and Buttered
Corn

FRI. 8/14

Appetizer

Green Bean Salad

Mains

Salmon with Pesto Butter and
Petit Diced Tomatoes, Served
over Cheesy Polenta and
Roasted Zucchini
Ham and Vegetable Quiche

SAT. 8/15

Appetizer

Lentil Soup

Mains

Meatloaf with Mashed
Potatoes and Broccoli Bake
Greek Salad with Diced
Turkey

Check out
the back
for food
facts!!!

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FOOD FACTS

Chicken thighs are a flavorful dark meat that is generally hard to overcook. They tend to be cheaper than chicken breasts and stay juicy due to the high fat content. The increased myoglobin and fat in dark meat is what gives chicken thighs that rich taste as well.

Squash was first grown in Central America and Mexico more than 10,000 years ago. Ancient Aztecs and Mayans used squash seeds as valuable currency. Squash is one of the “three sisters”. Native American tribes planted squash with corn and beans so they would help each other grow.

When making egg salad, older eggs are much easier to peel because their internal pH levels are higher, making the shell separate smoothly from the egg white. Culinary experts also recommend hand-crushing eggs with a fork versus chopping them as it provides a better texture.

Mashed sweet potatoes are a vibrant, nutrient packed dish. They contain a great source of Vitamin A, can be cooked twice, and aren't actually related to standard potatoes or true yams. Yams are actually large, rough-skinned roots native to Africa and Asia.

quesadillas started in Mexico when Spanish settlers brought new ingredients over. In many parts of Mexico it is not traditionally cooked with cheese unless you specifically ask for it. However, outside of Mexico it is the main part of the dish. Quesadillas are a dish that come in many varieties and are a versatile meal option for many.

Salmon on your plate is packed with many nutrients like omega-3 fats and Vitamin B12. Salmon have been around for 50 million years! They get their famous pink or orange color from the diet they maintain. Shrimp and Krill are packed with a pigment called astaxanthin which provides this coloring.

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

Meatloaf has a very interesting history that dates back to Roman times. In the late 19th century, people in America often ate cold meatloaf for breakfast instead of dinner. The largest meatloaf ever made was 6,874 pounds and it was cooked in Germany in 2009!