



August 30th - September 5th



LUNCH MENU

SUN. 8/30

Appetizer

Chef's Salad

Mains

Parmesan Crumb Crusted
Chicken with Honey Mustard
Sauce

Turkey Salad on a Hoagie

Sides

Herb Roasted Red Potatoes
and Green Beans

MON. 8/31

Appetizer

Soup of the Day

Mains

Shepherd's Pie
Curried Chicken Salad
Sandwich

Sides

Mixed Vegetables

TUES. 9/1

Appetizer

Garden Salad

Mains

Shrimp Gratin Served Over
Noodles

Roast Beef and Cheddar
Sandwich with Herb Cream
Cheese

Sides

Butternut Squash

WED. 9/2

Appetizer

Italian Wedding Soup

Mains

Cheeseburgers with Bacon
Turkey and Cheddar
Sandwich on Rye

Sides

Crispy Potato Wedges and
Cole Slaw

THURS. 9/3

Appetizer

Coconut Carrot Soup

Mains

Chicken Teriyaki over Brown
Rice

Egg Salad Sandwich

Sides

Mixed Stir-Fried Vegetables

FRI. 9/4

Appetizer

Summer Rainbow Salad

Mains

Pork Tenderloin with Pear
Ginger Sauce

Shrimp Salad on a Bun

Sides

Mashed Sweet Potatoes and
Vegetable Medley

SAT. 9/5

Appetizer

Potato Leek Soup

Mains

BBQ Kielbasa
Club Sandwich

Sides

Broccoli and Rice Pilaf

Check out
the back
for food
facts!!!

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FOOD FACTS

Potatoes originated in the Andes Mountains of South America, where they were cultivated thousands of years ago. Potatoes reached Europe in the 1500s after Spanish explorers encountered them. 🇺🇸 Potatoes became an important American crop during the 18th and 19th centuries and eventually became a staple in kitchens across the country.

Curried chicken salad reflects the influence of Indian spices on British cooking during the 18th and 19th centuries. Curry became popular in Britain centuries ago: British cooks began adapting Indian-inspired curry dishes to local tastes, and recipes for curry appeared in British cookbooks as early as the 1700s.

Gratin dishes have centuries of history. This style of cooking became especially associated with French cuisine, where vegetables, potatoes, seafood, and meats were baked in shallow dishes. Shrimp gratin combines two culinary traditions: the long history of eating shellfish in coastal communities and the French technique of creating a beautifully browned baked topping.

It isn't actually a wedding soup! The name comes from the Italian phrase "minestra maritata," meaning "married soup." It refers to the delicious "marriage" of meat and leafy greens—not a wedding ceremony. Its roots are in Southern Italy. Similar soups have long been associated with regions such as Campania and Naples.

Did You Know? 🥕🥥
A bowl of coconut carrot soup brings together ingredients whose culinary histories developed thousands of miles apart! Cultivated carrots originated in Central Asia more than 1,000 years ago. Coconut milk has a particularly long culinary history in South and Southeast Asia, as well as tropical regions around the Indian Ocean.

The tenderloin gets its name from its tenderness. It is a long, narrow muscle along the pig's backbone that does relatively little work, which helps make it especially tender. Pork has been eaten for thousands of years.

Pigs were domesticated independently in parts of Asia and the Near East roughly 9,000–10,000 years ago, making pork one of humanity's oldest domesticated meat foods.

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

Potato and leek soup became a European comfort food. Once potatoes became widely accepted, inexpensive combinations of potatoes, leeks, and broth made hearty meals for working families. France has a famous version. Potage Parmentier is a classic French soup made primarily from potatoes and leeks and is traditionally served hot.