### Did You Know?

- **Toombs County, Georgia:** The first crop of Vidalia onions was harvested in 1931.
- **Greek Salad:** For every tablespoonful of honey we eat, a single bee has to collect nectar from 2,000 flowers.
- **DID YOU KNOW?** About 3,500 gallons of water are needed to produce one pound of beef.
- **Greek Salad:** To produce one pound of grape tomatoes, about 2,000 flowers.
- **Greek Salad:** Cutting onions while cutting them and your eyes will produce fewer tears.
- **Greek Salad:** About 3,500 gallons of water are needed to produce 1 pound of beef.
- **Greek Salad:** Underwood Deviled Ham, the oldest processed food product, hit American stores in 1868.
- **Greek Salad:** Coffee beans vary greatly in caffeine content, some underwood deviled ham hit American stores in 1868.
- **Greek Salad:** Empty coconuts can be used as a substitute for blood plasma in an emergency. This was first discovered by doctors in Fiji during World War II.
- **Greek Salad:** For every tablespoonful of honey we eat, a single bee has to collect nectar from 2,000 flowers.
- **Greek Salad:** About 3,500 gallons of water are needed to produce one pound of beef.

### February 2018 Lunch and Dinner Menu

**Rast Dining Room Hours: Lunch - 11:00am-2:00pm**  
**Dinner - 5:00pm-7:00pm ~ Take Out Orders Call 205-347-0028**

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| The first crop of Vidalia onions were harvested in Toombs County, Georgia in 1931. | For every tablespoonful of honey we eat, a single bee has to collect nectar from 2,000 flowers. | The liquid inside young coconuts can be used as a substitute for blood plasma in an emergency. This was first discovered by doctors in Fiji during World War II. | About 3,500 gallons of water are needed to produce one pound of beef. | | 1 Shrimp Salad  
Chicken Mandala  
Sausage Pepperoni Calzone  
Turkey Reuben with Fries  
Parsley Buttered Potatoes  
Creamed Spinach  
Tomatoes Herb Roasted | 2 Shrimp Salad  
Chicken Mandala  
Sausage Pepperoni Calzone  
Turkey Reuben with Fries  
Parsley Buttered Potatoes  
Creamed Spinach  
Tomatoes Herb Roasted |
| 3 SATURDAY LUNCH OMELETT BUFFET AND ALWAYS MENU | 4 SATURDAY LUNCH OMELETT BUFFET AND ALWAYS MENU | 5 Greek Salad  
Bacon Wrapped Chicken  
Manicotti with Marinara  
Hot Pastrami  
Sliced Roasted Bacon Potato  
Garlic Grape Tomatoes  
Sautéed Pepper Medley | 6 Greek Salad  
Bacon Wrapped Chicken  
Manicotti with Marinara  
Hot Pastrami  
Sliced Roasted Bacon Potato  
Garlic Grape Tomatoes  
Sautéed Pepper Medley | 7 Southern Theme  
Black Eye Pea Caesar Salad  
Smoked BBQ Beef Brisket  
Beanie Winnies  
Fried Macaroni and Cheese  
Mustard Greens  
Tomatoes Fried Green  
Apple Pie Ala Mode | 8 Deviled Eggs  
Shrimp & Grits  
Jumbo meat Ravioli tossed in Pesto Sauce  
Hot Pastrami  
Roasted Fingerling Potatoes  
Zucchini with Tomatoes  
Mushroom Sautéed Sherry | 9 Deviled Eggs  
Shrimp & Grits  
Jumbo meat Ravioli tossed in Pesto Sauce  
Hot Pastrami  
Roasted Fingerling Potatoes  
Zucchini with Tomatoes  
Mushroom Sautéed Sherry |
| 10 SATURDAY LUNCH OMELETT BUFFET AND ALWAYS MENU | 11 SATURDAY LUNCH OMELETT BUFFET AND ALWAYS MENU | 12 Taco Salad  
Stuffed Green Peppers  
Sweet and Sour Chicken  
Philly Cheese Steak  
Garlic Basil Orzo  
Tempura Vegetables  
Eggplant Fried | 13 Taco Salad  
Stuffed Green Peppers  
Sweet and Sour Chicken  
Philly Cheese Steak  
Garlic Basil Orzo  
Tempura Vegetables  
Eggplant Fried | 14 Mexican Lunch Buffet  
Shrimp Cevice Salad  
Tacos  
Tex Mex Casserole  
Charbroiled Corn on the Cob  
Mexican Rice  
Pepper Medley  
Chocolate Flan  
~ Special Valentine Dinner Menu ~  
Reservations Required | 15 Green Bean Salad with Cilantro Vinaigrette  
Tortellini and Italian Sausage  
Salmon Cakes  
Philly Cheese Steak  
Home Fried Potatoes  
Tomatoes Stewed  
Green Beans Almandine  
Okra Cut | 16 Green Bean Salad with Cilantro Vinaigrette  
Tortellini and Italian Sausage  
Salmon Cakes  
Philly Cheese Steak  
Home Fried Potatoes  
Tomatoes Stewed  
Green Beans Almandine  
Okra Cut |
| 17 SATURDAY LUNCH OMELETT BUFFET AND ALWAYS MENU | 18 SATURDAY LUNCH OMELETT BUFFET AND ALWAYS MENU | 19 Fruit Gelatin Salad  
Chicken Lucerne  
CaJun Shrimp & Grit Cakes  
Sloppy Joe  
Loaded Potato Skins  
Sugar Snap Peas  
Zucchini Sautéed Herb | 20 Fruit Gelatin Salad  
Chicken Lucerne  
CaJun Shrimp & Grit Cakes  
Sloppy Joe  
Loaded Potato Skins  
Sugar Snap Peas  
Zucchini Sautéed Herb | 21 Southern Theme  
Chunky Egg Salad with Dill Roasted Maple Chicken  
Baby Back Ribs  
Fried Cheese Grits  
Southern Style Green Beans  
Okra, Corn and Tomatoes  
Sponge Cake Jelly Roll | 22 Shrimp Cocktail  
Chicken Wellington  
Fried Oysters  
Sloppy Joe  
Jasmine Rice  
Turnip Greens  
Peas and Pearl Onions | 23 Shrimp Cocktail  
Chicken Wellington  
Fried Oysters  
Sloppy Joe  
Jasmine Rice  
Turnip Greens  
Peas and Pearl Onions |
| 24 SATURDAY LUNCH OMELETT BUFFET AND ALWAYS MENU | 25 SATURDAY LUNCH OMELETT BUFFET AND ALWAYS MENU | 26 Boston Bibb Salad  
Salmon Croquettes  
Pork Escalope Piccata  
Patty Melt  
Oven Browned Potatoes  
White Cabbage  
Sautéed Snow Peas | 27 Boston Bibb Salad  
Salmon Croquettes  
Pork Escalope Piccata  
Patty Melt  
Oven Browned Potatoes  
White Cabbage  
Sautéed Snow Peas | 28 Mexican Buffet  
Guacamole Corn Salad  
Chicken Fajita Bar  
Stuffed Mexican Peppers  
Red Beans and Rice  
Cut Corn with Chipotle Cheese Stuffed Jalapenos  
Fried Flour Tortilla with Ice Cream and Chocolate Sauce | DID YOU KNOW?  
Coffee beans vary greatly in caffeine content, some containing 30 times more than others from the same tree in the same season. | DID YOU KNOW?  
Underwood Deviled Ham, the oldest processed food product, hit American stores in 1868. | DID YOU KNOW?  
Refrigerate onions before cutting them and your eyes will produce fewer tears. |