

# This Week at Mountain Creek

**Do you say  
Pee-can  
or  
Pacahn?  
Are you a Yankee  
or a Southerner?**



# Peca

**July 12TH**



**Monday July 13TH  
Good Morning  
Let's have a great week!**

**Tuesday July 14TH**

**2:00 P.M. QUARTER  
BINGO  
IN MPR**

**Wednesday July 15TH**

**10:00 A.M. BLOOD PRESSURE  
CHECKS WITH BRIDEWAY**

**Thursday July 16TH**

**2:00-3:00 P.M.  
PRIZE BINGO**

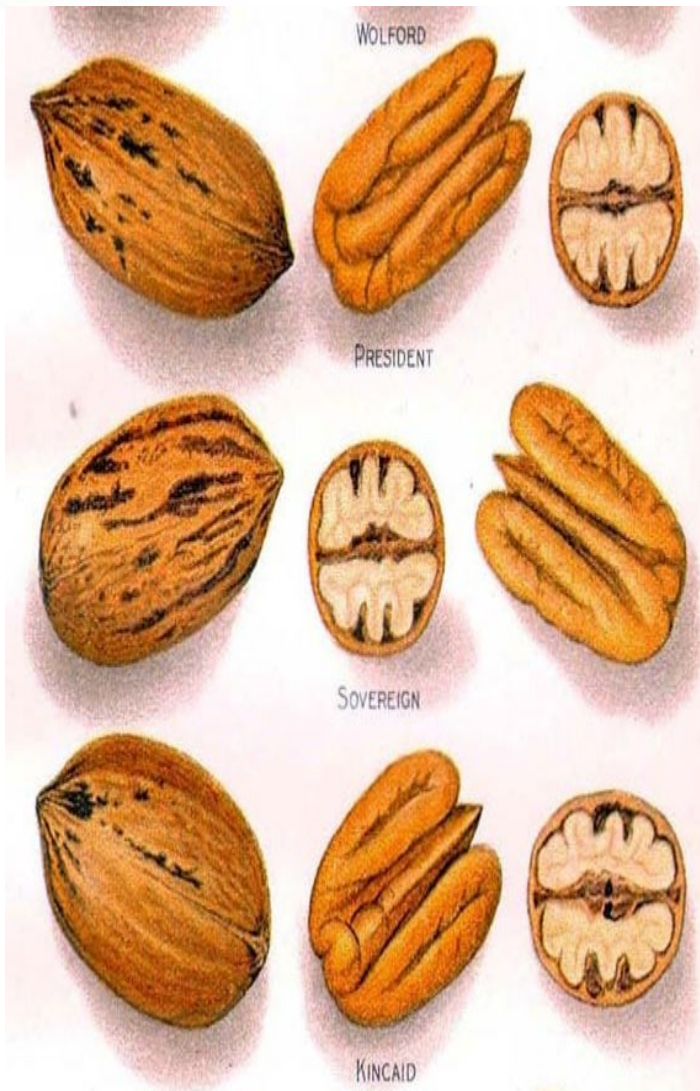
**Friday July 17TH**

**4:00 p.m. Sing with  
B.J. McLarry- Piano  
Please space apart**

**Saturday July 18TH**

**Saturday's with Shirley  
Shirley Temple movies in  
theater**

**3:00-8:00 p.m.  
3 different movies  
will be played**





**Your grandmother's house in mid-fall. The air outside is crisp, even though the sun is shining. Leaves swirl all around you in streaks of yellow, red and brown. And then a delightfully sweet, buttery scent reaches your nostrils and you hear your grandmother's voice, "Pie's ready! Come and get it!"**

**Ahh, pecan pie. A favorite - not only in the United States but the world over, pecan pie is considered a staple of traditional Southern U.S. cuisine. So why not celebrate this delicious dessert on its very own day by making a pecan pie of your own? You've got to admit that sounds pretty delicious.**

## **History of Pecan Pie Day**

**There are various ideas about the origins of pecan pie. There are those who state that the French first made it soon after settling in New Orleans in the 1700s and being introduced to the pecan by the Native Americans of the area. Other claim pecan pie was first made in the early 1800s in Alabama; however, no recipes or other culinary literature has been found that would support either of those claims.**

**The first actual pecan pie recipe was written in 1886. Originally, pecans were mixed with custard, boiled, and then poured into a crust and baked. The makers of Karo syrup also contributed significantly to the popularization of pecan pie, as their product was often used instead of the more expensive honey or maple syrup. Pecan pie has been mentioned numerous times in American literature and television and has even become a literary symbol of the Southern States.**



1 cup light corn syrup  
1 cup dark brown sugar  
1/3 cup butter  
3 large eggs  
1/2 teaspoon vanilla extract  
1/4 teaspoon salt  
1 cup chopped pecans  
1 unbaked 9 inch pie shell  
Preheat oven to 375°F.

Mix corn syrup, dark brown sugar, butter, eggs, vanilla and salt in a large mixing bowl.  
Add pecans and pour into unbaked pie shell.  
Bake 45 minutes, or until the center is set.  
Cool completely on a wire rack.

# Mountain Creek

**DAILY HOURS: See Your Time Card**

**ALWAYS AVAILABLE AT BREAKFAST: COLD CEREAL OF CHOICE, OMELETS, EGGS TO ORDER, HASHBROWNS & GRAVY**

SUNDAY, July 12				
<b>BREAKFAST:</b> Sausage Oatmeal  Pancakes	<b>LUNCH:</b> Roast Beef w/ Brown Gravy Chicken Fried Chicken  Mashed Potatoes, Green Beans, Buttered Baby Carrots & Roll	<b>SOUP OF THE DAY</b>  Chicken Gnocchi	<b>SUPPER:</b> Ham & Cheese Sandwich w/ Lettuce & Tomatoes, & Fritos Side of Fresh Fruit	<b>DESSERT :</b>  Pecan Pie
MONDAY, July 13				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Cranberry Pecan Muffins	<b>LUNCH:</b> Shrimp Scampi Smothered Pork Chops  Baked Sweet Potato, Steamed Brussel Sprouts, Asparagus & Garlic Bread	<b>SOUP OF THE DAY</b>  Beef Taco	<b>SUPPER:</b> Shepherd's Pie Casserole Fresh Apple	<b>DESSERT:</b> Bread Pudding w/ Caramel Sauce
TUESDAY, July 14				
<b>BREAKFAST:</b> Sausage Grits  Biscuits & Sausage Gravy	<b>LUNCH:</b> Chicken Pot Pie Beef Tamales w/ Cheese Sauce  Spanish Rice, Lima Beans, Sautéed Spinach	<b>SOUP OF THE DAY</b>  Broccoli & Cheese	<b>SUPPER:</b> Hawaiian Pork w/ Brown Rice, & Egg Roll	<b>DESSERT:</b> Strawberry Shortcake
WEDNESDAY, July 15				
<b>BREAKFAST:</b> Bacon Oatmeal  French Toast	<b>LUNCH:</b> Bacon Wrap Stuffed Chicken Chopped Steak w/ Mushrooms & Brown Gravy  Baked Potato, Sugar Snap Peas, Beets, & French Bread	<b>SOUP OF THE DAY</b>  Italian Wedding	<b>SUPPER:</b> Stuffed Shells w/ Marinara Sauce, & Bread Cheese Stick	<b>DESSERT:</b> Chess Pie
THURSDAY, July 16				
<b>BREAKFAST:</b> Sausage Grits  Breakfast Burritos	<b>LUNCH:</b> Beef Teriyaki Honey Walnut Shrimp  Fried Rice, Sautéed Mushrooms, Sautéed Zucchini, & Egg Roll	<b>SOUP OF THE DAY</b>  Chicken Noodle	<b>SUPPER:</b> Bacon, Cheese & Tomatoes Quiche Cup of Fresh Fruit	<b>DESSERT:</b> Chocolate Cake
FRIDAY, July 17				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Cinnamon Roll	<b>LUNCH</b> Fried or Baked Catfish Taco Salad w/ Fixings  Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies, & Cornbread	<b>SOUP OF THE DAY</b>  Cream of Mushroom	<b>SUPPER:</b> Philly Cheese Steak Sandwich & Potato Chips	<b>DESSERT :</b> Yogurt Parfait w/ Strawberries & Blueberries
SATURDAY, July 18				
<b>BREAKFAST:</b> Sausage Oatmeal  Breakfast Jacks	<b>LUNCH:</b> Spaghetti w/ Meat Sauce Herbed Baked Chicken  Baked Sweet Potato, Sautéed Spinach, Baby Carrots, & Garlic Bread	<b>SOUP OF THE DAY</b>  Vegetable	<b>SUPPER:</b> Egg Salad Sandwich, & Fritos, Slice of Watermelon	<b>DESSERT :</b> Cheesecake