



WEEKLY MENU

Dinner



SEPTEMBER 13TH - SEPTEMBER 19TH

SUNDAY SEPTEMBER 13 TH —❖—	• Roman Salad with Crutons, Blue Cheese Crumbles, and Ranch • Chili with Cornbread • Tuna Salad Sandwich or on a Salad • Fruit Dish
MONDAY SEPTEMBER 14 TH —❖—	• Tuscan Tomato Soup • Grilled Cheese with Bacon • Deli Sandwich or Salad • Fruit Dish
TUESDAY SEPTEMBER 15 TH —❖—	• Chef's Choice Soup • Grilled Corned Beef and Cheese Sandwich • Large Traditional Chef's Salad • Fruit Dish
WEDNESDAY SEPTEMBER 16 TH —❖—	• Wedge Salad • Lentil Soup and Half a Deli Sandwich • Cottage Cheese and Fruit Dish
THURSDAY SEPTEMBER 17 TH —❖—	• Carrot Apple Soup • BLT Sandwich or Salad with Ranch • Cottage Cheese and Fruit Dish
FRIDAY SEPTEMBER 18 TH —❖—	• Soup of the Day • Monte Cristo Sandwich • Large Salad with Deli Meat and Croutons • Fruit Dish
SATURDAY SEPTEMBER 19 TH —❖—	• Soup of the Day • Crab Roll with Potato Wedges • Large Salad with Crab or Deli Meat and Italian Dressing • Fruit Dish

SUNDAY AUGUST 9	☐ Garden Salad ☐ BBQ Chicken Thighs ☐ Ham and Cheese Sandwich ☐ Haricot Verts ☐ Garlic Butter Rice
MONDAY AUGUST 10	☐ Caesar Salad ☐ Spaghetti with Meat Sauce ☐ Tuna Salad Sandwich ☐ Garlic Bread ☐ Squash
TUESDAY AUGUST 9	☐ Petit Rainbow Summer Salad ☐ Pot Roast ☐ Egg Salad Sandwich ☐ Roasted Potatoes ☐ Mixed Vegetables
WEDNESDAY AUGUST 9	☐ Chef's Choice Soup ☐ Roasted Pork Loin ☐ Shrimp Salad Roll ☐ Mashed Sweet Potatoes ☐ Buttered Carrots
THURSDAY AUGUST 9	☐ Mixed Garden Vegetable Salad ☐ Chicken Quesadilla ☐ Turkey Salad Sandwich ☐ Cajun Rice ☐ Buttered Corn
FRIDAY AUGUST 9	☐ Green Bean Salad ☐ Ham and Cheese Quiche ☐ Salmon with Pesto Butter and Diced Tomato Served over Cheesy Polenta ☐ Roasted Zucchini
SATURDAY AUGUST 9	☐ Lentil Soup ☐ Meatloaf ☐ Greek Salad with Diced Turkey ☐ Mashed Potatoes ☐ Broccoli Bake

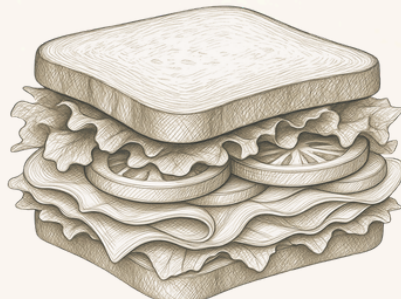
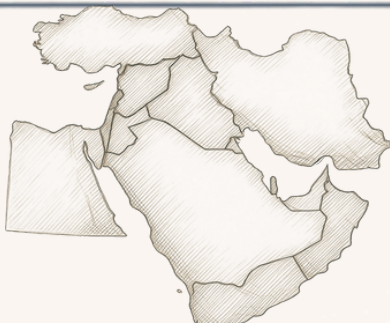
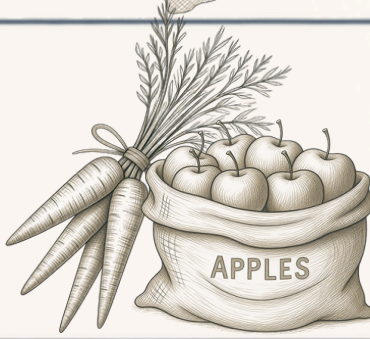
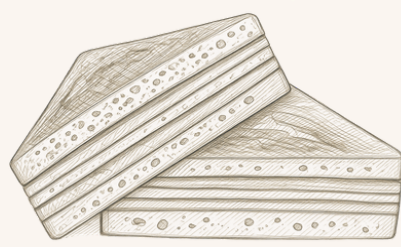


A TASTE OF HISTORY

Fun Food Facts from the Past

SEPTEMBER 13TH - SEPTEMBER 19TH



SUNDAY SEPTEMBER 13TH	Chili with Cornbread Chili has roots in the American southwest and became especially popular in the late 1800s. It was a hearty, affordable meal that could feed many people, making it a favorite at gatherings and community events. Cornbread has been a southern staple for centuries , originally made by Native Americans using ground corn. 
MONDAY SEPTEMBER 14TH	Tuscan Tomato Soup Tomato soup became widely popular in the United States in the early 1900s, thanks in part to the invention of canned tomatoes. Inspired by the flavors of Italy, Tuscan-style soups often feature ripe tomatoes, herbs, and simple ingredients. 
TUESDAY SEPTEMBER 15TH	Corned Beef Sandwich Corned beef got its name from the large grains of salt - “corns” of salt- used to preserve the meat. It became a deli favorite in the late 1800s. Today, it remains a beloved sandwich, known for its rich flavor and history of bringing people together. 
WEDNESDAY SEPTEMBER 16TH	Lentil Soup Lentils are one of the oldest cultivated foods, dating back over 9,000 years to the Middle East. They have been a staple in many cultures because they are nutritious, affordable, and versatile. Lentil Soup has warmed families for generations! 
THURSDAY SEPTEMBER 17TH	Carrot Apple Soup Combining carrots and apples may seem modern, but both ingredients have long histories. Carrots have been grown for over 1,000 years, and apples have been enjoyed since ancient times. Pairing them together creates a naturally sweet and savory flavor that highlights the best of the harvest! 
FRIDAY SEPTEMBER 18TH	Monte Cristo Sandwich The Monte Cristo is believed to have been created in the 1930s at the Disneyland Blue Bayou Restaurant in California. It’s a delicious twist on a classic ham and cheese. It’s part French toast part sandwich and fully delicious! 
SATURDAY SEPTEMBER 19TH	Crab Roll Maine’s love for lobster often steals the spotlight, but crab rolls have long been a coastal favorite too. Fresh crab meat on a soft roll became popular in New England seafood shacks in the mid-20th century. It’s a simple meal that showcases the rich seafood heritage of our region. 