



WEEKLY MENU

Dinner

SEPTEMBER 20TH - SEPTEMBER 26TH

SUNDAY SEPTEMBER 20 TH —❖—	• Chef's Soup • Sloppy Joes with Green Beans and Tater Tots • Caesar Salad with Diced Chicken • Fruit Dish
MONDAY SEPTEMBER 21 ST —❖—	• Tomato Soup • Flatbread Pizzas with Veggies or Pepperoni • Mixed Greens with Berries, Vegetables, Deli Meat, and Balsamic • Fruit Dish
TUESDAY SEPTEMBER 22 ND —❖—	• Cucumbers with Ranch • Mulligatawny Stew with a Biscuit • Ham and Swiss Sandwich • Fruit Dish
WEDNESDAY SEPTEMBER 23 RD —❖—	• Carrot and Ginger Soup • Turkey Divan Casserole over Rice • Cobb Salad • Fruit Dish
THURSDAY SEPTEMBER 24 TH —❖—	• Green Bean Salad • Haddock Chowder with a Roll • Chicken Salad Sandwich • Cottage Cheese and Fruit Dish
FRIDAY SEPTEMBER 25 TH —❖—	• Shaved Carrot and Cucumbers with a Sesame Vinaigrette • Pork Stir Fry Served with Brown Rice • Deli Sandwich with Chips and Pickles
SATURDAY SEPTEMBER 26 TH —❖—	• Vegetable Barley Soup • Hot Dog on a Bun with Baked Beans and Brown Bread • Large Italian Style Salad with Rye Crutons • Fruit Dish

A TASTE OF HISTORY

Fun Food Facts from the Past

SEPTEMBER 20TH - SEPTEMBER 26TH

SUNDAY
SEPTEMBER 20TH

Sloppy Joes

Sloppy Joes became popular in the 1930s during the great depression. They were an affordable, flavorful meal made with ground beef, a tomato-based sauce, and simple ingredients that could stretch to feed a family.



MONDAY
SEPTEMBER 21ST

Flatbread Pizza

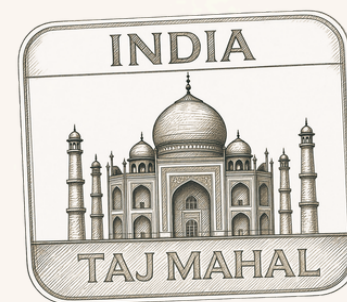
Flatbread has been around for thousands of years, dating back to ancient cultures in the Middle East and Mediterranean. It was a simple, early form of bread- easy to make, versatile, and the perfect base for delicious toppings.



TUESDAY
SEPTEMBER 22ND

Mulligatawny Stew

Mulligatawny is a flavorful soup that originated in India during British colonial rule in the 18th century. The name comes from the Tamil words “milagu” (pepper) and “tanni” (water). Its a unique blend of spices, showcasing the fusion of cultures through food.



WEDNESDAY
SEPTEMBER 23RD

Turkey Divan Casserole

Turkey Divan was created in the 1950s at the Divan Parisien Restaurant in New York City. It quickly became a popular way to use leftover turkey, combining it with broccoli, a creamy sauce, and a crunchy topping.



THURSDAY
SEPTEMBER 24TH

Haddock Chowder

Haddock chowder is a beloved New England dish, with roots in the region’s rich fishing history. Made with fresh, local haddock, potatoes, and simple ingredients, it reflects the costal tradition of hearty, comforting meals.



FRIDAY
SEPTEMBER 25TH

Pork Stir Fry

Stir Fry has been a key cooking method in China for over 2,000 years. The name “stir fry” comes from the constant stirring of ingredients in a hot pan, which cooks food quickly while keeping it fresh, flavorful, and crisp.



SATURDAY
SEPTEMBER 26TH

Hot Dogs

Hot dogs became a popular American food in the late 1800s, thanks to German immigrants who brought sausages with them. They quickly became a favorite at ballparks, picnics, and backyard cookouts!

