



WEEKLY MENU

Dinner

SEPTEMBER 27TH - OCTOBER 3RD



SUNDAY SEPTEMBER 27TH —❖—	• Shrimp Stew with a Dinner Roll and Buttered Peas • Bacon, Cheese, and Spinach Quiche • Fruit Dish
MONDAY SEPTEMBER 28TH —❖—	• Soup of the Day • Open Faced Turkey Sandwich with Gravy and Green Beans • Mediterranean-Style Chopped Salad • Fruit Dish
TUESDAY SEPTEMBER 29TH —❖—	• Chicken and Rice Soup • Large Tuscan Tomato Salad on Greens • Grilled Cheese Sandwich • Fruit Dish
WEDNESDAY SEPTEMBER 30TH —❖—	• Cauliflower Bisque • Cheese Tortellini Bowl with Salami, Mozzarella, and Marinated Veggies • Deli Sandwich • Fruit Dish
THURSDAY OCTOBER 1ST —❖—	• Vegetable Soup • Roast Beef Sandwich • Chef's Salad • Fruit Dish
FRIDAY OCTOBER 2ND —❖—	• Tomato Soup • Grilled Turkey and Cheese Sandwich Served with Petit Salad and Ranch • Large White Bean and Bacon Salad over Greens
SATURDAY OCTOBER 3RD —❖—	• Hot Dog on a Bun with Baked Beans and Brown Bread • Greek Salad • Fruit Dish

A TASTE OF HISTORY

Fun Food Facts from the Past

SEPTEMBER 27TH - OCTOBER 3RD

SUNDAY
SEPTEMBER 27TH

Shrimp Stew

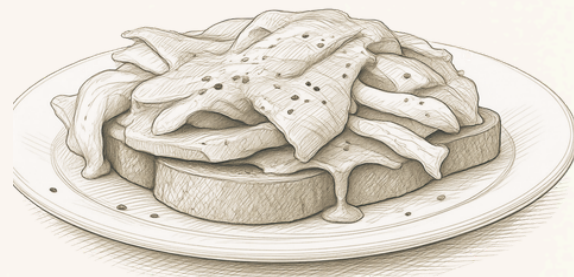
Shrimp Stew has deep roots in coastal cooking, especially in the American South. Early recipes were influenced by Gullah culture and combined fresh seafood with tomatoes, vegetables, and spice. It was an affordable, hearty meal that brought families together after long days of work.



MONDAY
SEPTEMBER 28TH

Open Faced Turkey Sandwich

Open faced sandwiches became popular in the 1900s as a simple and practical way to serve meat and gravy. Turkey, often a holiday favorite, made its way onto everyday tables using leftovers, turning a special meal into a comforting classic.



TUESDAY
SEPTEMBER 29TH

Chicken and Rice Soup

Chicken and rice soup has been a comfort food for centuries, with versions found in many cultures. It became especially popular in the early 20th century as a nourishing meal made from simple ingredients that were inexpensive and easy to find.



WEDNESDAY
SEPTEMBER 30TH

Cauliflower Bisque

Cauliflower has been grown for over 2,000 years and was prized by the Romans. Creamy cauliflower soups became popular in France during the 18th century, where chefs developed refined versions, making it a favorite in elegant cuisine that is still enjoyed today.



THURSDAY
OCTOBER 1ST

Roast Beef Sandwich

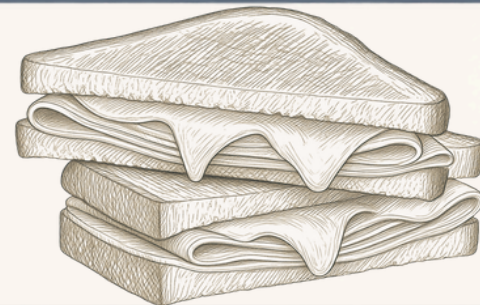
Roast beef sandwiches gained popularity in the 19th century, especially in New England. With the rise of delis and sandwich shops in the early 1900s, roast beef became a beloved staple, known for its rich flavor and versatility.



FRIDAY
OCTOBER 2ND

Grilled Turkey and Cheese

Grilled Turkey and cheese sandwiches became popular in the mid-20th century as a comfort food favorite. Using leftover turkey transformed holiday leftovers into a warm, cheesy meal that is still enjoyed today.



SATURDAY
OCTOBER 3RD

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!

