



WEEKLY MENU

Lunch

SEPTEMBER 13TH – SEPTEMBER 19TH

SUNDAY SEPTEMBER 13 TH —❖—	• Garden Salad • Roast Turkey Breast with Fennel Stuffing, Chef's Herb Garlic Sauce, and Roasted Vegetable Medley • Ham and Swiss Sandwich with Dijon
MONDAY SEPTEMBER 14 TH —❖—	• Chef's Choice Salad • Skillet Butter Chicken served over Orzo and Roasted Carrot Blend. • Roast Beef and Cheddar Wrap with Garden Vegetables, Chips, and Pickles
TUESDAY SEPTEMBER 15 TH —❖—	• Crispy Greens with Berries and Carrots • French Onion Pot Roast, served with Baguette and Buttered Peas • Turkey and Swiss Sandwich with Chips and Pickles
WEDNESDAY SEPTEMBER 16 TH —❖—	• Caesar Salad • Chicken Parmesan with Noodles and Broccoli • Italian Style Wrap served with Chips and Pickle
THURSDAY SEPTEMBER 17 TH —❖—	• Cucumber Salad • Turkey Stew with a Biscuit • Egg Salad Sandwich with Chips and Pickles
FRIDAY SEPTEMBER 18 TH —❖—	• Garden Salad • Beef Stir Fry over Brown Rice • Shrimp Salad on a Toasted Bun
SATURDAY SEPTEMBER 19 TH —❖—	• Garden Salad • Roasted Whole Chickens with Mashed Potatoes and Gravy, Green Beans, and Cranberry Sauce • Roast Beef and Cheddar Cheese Sandwich on Toast

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

Turkey with Fennel Stuffing
Turkey has been a centerpiece of American meals since the 1600s. Early colonists adopted wild turkey from Native Americans and it became a holiday favorite because it could feed many people. A tradition that still brings people together today!



MONDAY
SEPTEMBER 14TH

Chicken over Orzo
Orzo, a small, rice-shaped pasta, has been enjoyed in the Mediterranean for centuries. The word “Orzo” is Italian for “berley”, because it looks similar to the grain. This may be a small pasta but it has a big history!



TUESDAY
SEPTEMBER 15TH

Pot Roast: A Timeless Classic
Pot roast has been a comfort food for centuries. The tradition of slow-cooking tough cuts of meat began in Europe in the 1600s as a way to create tender, hearty meals.



WEDNESDAY
SEPTEMBER 16TH

Caesar Salad
The Caesar salad was created in 1924 by an Italian chef named Caesar Cardini in Tijuana, Mexico. He tossed together romaine lettuce, croutons, Parmesan, and dressing- it quickly became a classic around the world!



THURSDAY
SEPTEMBER 17TH

Turkey Stew
Stew has been a comfort food for centuries, with roots in many cultures. It was especially popular in Europe during the middle ages, as it allowed tougher cuts of meat to become tender and flavorful when cooked slowly.



FRIDAY
SEPTEMBER 18TH

Beef Stir Fry
Stir fry cooking has been used in China for over 2,000 years. The technique was developed to cook food quickly over high heat, keeping ingredients fresh, flavorful, and crisp. It remains one of the most popular cooking methods worldwide.



SATURDAY
SEPTEMBER 19TH

Roasted Chicken
Roasting chicken has been enjoyed for thousands of years. The ancient Romans were known to roast whole chickens, and by the 19th century, it had become a Sunday staple in American homes.

