



# WEEKLY MENU

## Lunch

SEPTEMBER 20<sup>TH</sup> – SEPTEMBER 26<sup>TH</sup>

|                                                |                                                                                                                                                                                                                                        |
|------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SUNDAY<br>SEPTEMBER 20 <sup>TH</sup><br>—❖—    | <ul style="list-style-type: none"><li>• Marinated Vegetables on Crisp Greens</li><li>• Ham Boiled Dinner with Carrots, Potatoes, and Onions</li><li>• Tuna Salad Sandwich</li></ul>                                                    |
| MONDAY<br>SEPTEMBER 21 <sup>ST</sup><br>—❖—    | <ul style="list-style-type: none"><li>• Corn Chowder</li><li>• Chicken Cordon Bleu Served with Vegetable Medley and Garlic Butter Rice</li><li>• Bologna and Cheese Sandwich or Deli Sandwich</li></ul>                                |
| TUESDAY<br>SEPTEMBER 22 <sup>ND</sup><br>—❖—   | <ul style="list-style-type: none"><li>• Garden Salad</li><li>• Beef Tacos with Cheese, Lettuce, and Tomato served with Mexican Rice</li></ul>                                                                                          |
| WEDNESDAY<br>SEPTEMBER 23 <sup>RD</sup><br>—❖— | <ul style="list-style-type: none"><li>• Soup of the Day</li><li>• BBQ Ribs Served with Buttered Peas and Macaroni and Cheese</li><li>• Greek Style Wrap with Chips and Pickles</li></ul>                                               |
| THURSDAY<br>SEPTEMBER 24 <sup>TH</sup><br>—❖—  | <ul style="list-style-type: none"><li>• Italian Wedding Soup</li><li>• Bacon Cheeseburgers Served with Corn and Beet Salad</li><li>• Large Chef's Salad</li></ul>                                                                      |
| FRIDAY<br>SEPTEMBER 25 <sup>TH</sup><br>—❖—    | <ul style="list-style-type: none"><li>• Cauliflower and Cheese Soup</li><li>• Baked Salmon Served with Roasted Potatoes and Mixed Root Vegetable Medley</li><li>• Diced Turkey and Cranberry Sandwich with Chips and Pickles</li></ul> |
| SATURDAY<br>SEPTEMBER 26 <sup>TH</sup><br>—❖—  | <ul style="list-style-type: none"><li>• Soup of the Day</li><li>• Shepard's Pie with Peas and Carrots</li><li>• Egg Salad Sandwich or on Greens</li></ul>                                                                              |

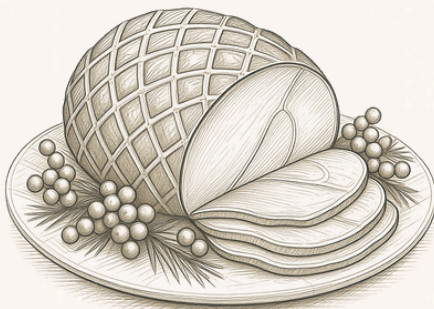
# A TASTE OF HISTORY

## *Fun Food Facts from the Past*

SEPTEMBER 20<sup>TH</sup> – SEPTEMBER 26<sup>TH</sup>

**SUNDAY**  
SEPTEMBER 20<sup>TH</sup>

**Ham Dinner**  
Ham has been a beloved centerpiece at family dinners for centuries. In colonial America, ham was often smoked and cured to preserve it through the winter months, making it a special dish for gatherings and holidays.



**MONDAY**  
SEPTEMBER 21<sup>ST</sup>

**Corn Chowder**  
Corn chowder has roots with Native American communities, who introduced corn to early settlers. By the 1800s, it became a New England favorite, celebrating the harvest with the sweet, fresh taste of summer corn!



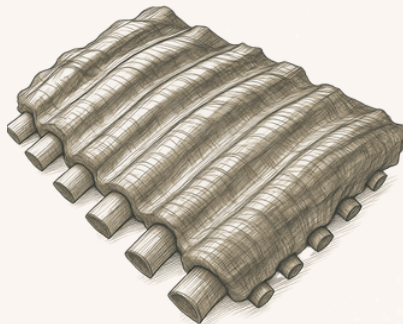
**TUESDAY**  
SEPTEMBER 22<sup>ND</sup>

**Taco Tuesday!**  
Tacos trace their roots back to Mexico, where tortillas have been enjoyed for thousands of years. The modern beef taco gained popularity in the United States in the 20<sup>th</sup> century, bringing a taste of Mexican tradition to dinner tables everywhere.



**WEDNESDAY**  
SEPTEMBER 23<sup>RD</sup>

**BBQ Ribs**  
Barbecued ribs have a long history in the United States, especially in the south, where slow-cooking over wood or charcoal became a treasured tradition. BBQ has roots in Native American cooking methods and has grown into an American favorite.



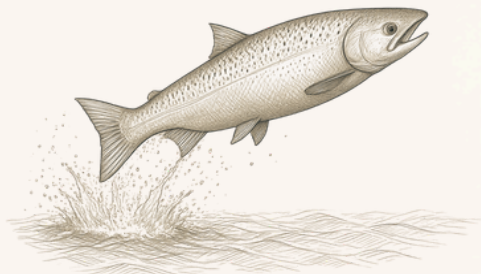
**THURSDAY**  
SEPTEMBER 24<sup>TH</sup>

**Italian Wedding Soup**  
Despite the name, Italian Wedding Soup has nothing to do with weddings! The name comes from the Italian phrase “minestra maritata,” meaning “married soup,” which refers to the perfect combination of greens and meats.



**FRIDAY**  
SEPTEMBER 25<sup>TH</sup>

**Baked Salmon**  
Salmon has been an important food source for Native American tribes for thousands of years, especially in the Pacific Northwest. It was honored not only for its taste but for its role in sustenance and culture.



**SATURDAY**  
SEPTEMBER 26<sup>TH</sup>

**Shepard's Pie**  
Shepard's Pie dates back to the late 1700s in Ireland, where it was created as a way to use leftover meat and vegetables. It became a comforting, affordable meal that is still loved today.

