



WEEKLY MENU

Lunch

SEPTEMBER 27TH – OCTOBER 3RD



SUNDAY SEPTEMBER 27TH —❖—	• Mixed Green Salad with Maple Vinaigrette • Chicken Marsala Served with Mashed Potatoes and Haricot Verts • Deli Sandwich with Chips and a Pickle
MONDAY SEPTEMBER 28TH —❖—	• Caesar Salad • Lasagna with Sausage and Beef Served with Broccoli and Garlic Focaccia • Ham and Swiss Sandwich with Chips and a Pickle
TUESDAY SEPTEMBER 29TH —❖—	• Garden Salad • Roasted Pork with Pan Gravy, Mashed Sweet Potatoes, and brussels sprouts • Tuna Salad Sandwich with Chips and a Pickle
WEDNESDAY SEPTEMBER 30TH —❖—	• Mixed Green Salad with Toasted Walnuts and Blue Cheese Crumbles • Beef Stew with a Biscuit • Turkey Grape Salad Wrap with Cucumber Served with Chips and a Pickle
THURSDAY OCTOBER 1ST —❖—	• Pickled Beet Salad • Garlic Herb Butter Chicken Served with Orzo and Butternut Squash • Egg Salad Sandwich with Chips and a Pickle
FRIDAY OCTOBER 2ND —❖—	• Garden Salad • Baked Haddock with Ritz Crumb Served with Asparagus and Roasted Red Potatoes • Italian Salad Wrap
SATURDAY OCTOBER 3RD —❖—	• Chef's Choice Soup • Beef Stroganoff Served with Egg Noodles and Buttered Carrots • Deli Sandwich with Chips and a Pickle

A TASTE OF HISTORY

Fun Food Facts from the Past

SEPTEMBER 27TH – OCTOBER 3RD

SUNDAY
SEPTEMBER 27TH

Chicken Marsala

Chicken Marsala comes from Sicily, where Marsala wine has been produced since the 18th century. The dish became popular in the United States in the mid-1900s, blending Italian tradition with everyday cooking.



MONDAY
SEPTEMBER 28TH

Lasagna

Lasagna dates back to ancient Greece and Rome, but the version we know today became famous in Italy, especially in the Emilia-Romagna region. Layers of pasta, meat, and cheese made it a hearty family favorite that has stood the test of time.



TUESDAY
SEPTEMBER 29TH

Roasted Pork with Pan Gravy

Roast pork has been a staple in many cultures for centuries. Pork was often a centerpiece at family gatherings because it was flavorful, filling, and could feed a crowd. Pan gravy, made from drippings, turns simple ingredients into a comforting classic.



WEDNESDAY
SEPTEMBER 30TH

Beef Stew

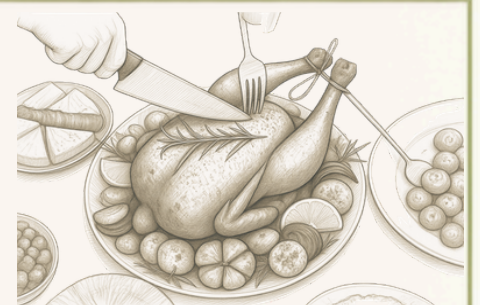
Beef stew has been enjoyed for thousands of years, with evidence of similar dishes dating back to ancient times. It became especially popular in Europe during the Middle Ages as a way to cook tougher cuts of meat slowly, creating a warm, nourishing meal that could feed families.



THURSDAY
OCTOBER 1ST

Garlic Herb Butter Chicken

Garlic has been valued since ancient times, used by Egyptians, Greeks, and Romans for both flavor and health benefits. Paired with herbs and butter, it creates a simple yet delicious dish that continues to be a favorite around the world.



FRIDAY
OCTOBER 2ND

Baked Haddock

Haddock has been an important part of New England's food tradition for centuries. It was a common catch for early settlers and remains a favorite today for its mild flavor and flaky texture. Baked with a crispy crumb topping it's a classic coastal dish.



SATURDAY
OCTOBER 3RD

Beef Stroganoff

Beef Stroganoff is thought to have originated in the 19th century Russia, named after the Stroganov family, a prominent and wealthy family. The dish became popular around the world for its tender beef, creamy sauce, and comforting flavors.

