



WEEKLY MENU

Dinner

OCTOBER 11TH - OCTOBER 17TH

SUNDAY OCTOBER 11 TH —❖—	• Chef's Choice Soup • Shrimp Cakes with Remoulade Sauce, Served with a side of Dressed Greens and Potato Wedges • Deli Sandwich of Choice
MONDAY OCTOBER 12 TH —❖—	• Vegetable Soup • Crab Salad on a Roll • Cobb Salad and Fruit
TUESDAY OCTOBER 13 TH —❖—	• Lentil Soup • Shepard's Pie with Peas and Carrots (No Corn) • Large Chef's Salad
WEDNESDAY OCTOBER 14 TH —❖—	• Soup of the Day • BBQ Chicken Sandwich, Served with Cole Slaw and Chips • Shrimp Salad Sandwich
THURSDAY OCTOBER 15 TH —❖—	• Cucumbers with Ranch • Quiche Lorraine • Roast Beef Sandwich with Lettuce, Red Onion, and Blue Cheese Crumbles
FRIDAY OCTOBER 16 TH —❖—	• Corn Chowder • Flatbread Pizzas (Veggie, Sausage, and Pepperoni) Served with a side of Caesar Salad and Fruit
SATURDAY OCTOBER 17 TH —❖—	• Hot Dog on a Bun with Baked Beans and Brown Bread • Large Mixed Green Salad with Marinated Vegetables and Chicken Salad • Fruit Dish

SUNDAY OCTOBER 11TH	☐ Chef's Choice Soup ☐ Shrimp Cakes with Remoulade ☐ Deli Sandwich Notes:_____	Name:_____ ☐ Dressed Greens ☐ Potato Wedges
MONDAY OCTOBER 12TH	☐ Vegetable Soup ☐ Crab Salad on a Roll ☐ Cobb Salad Notes:_____	Name:_____ ☐ Fruit
TUESDAY OCTOBER 13TH	☐ Lentil Soup ☐ Shepard's Pie with Peas and Carrots (No Corn) ☐ Large Chef's Salad Notes:_____	Name:_____
WEDNESDAY OCTOBER 14TH	☐ Soup of the Day ☐ BBQ Chicken Sandwich ☐ Shrimp Salad Sandwich Notes:_____	Name:_____ ☐ Chips ☐ Cole Slaw
THURSDAY OCTOBER 15TH	☐ Cucumbers with Ranch ☐ Quiche Lorraine ☐ Roast Beef Sandwich with Lettuce, Red Onion, and Blue Cheese Crumbles Notes:_____	Name:_____
FRIDAY OCTOBER 16TH	☐ Corn Chowder ☐ Flat Bread Pizza ____ Veggie ____ Sausage ____ Pepperoni ☐ Side Caesar Salad Notes:_____	Name:_____ ☐ Fruit Dish
SATURDAY OCTOBER 17TH	☐ Hot Dog on a Bun ☐ Large Mixed Greens Salad with Marinated Vegetables and Chicken Salad Notes:_____	Name:_____ ☐ Fruit Dish ☐ Baked Beans ☐ Brown Bread

A TASTE OF HISTORY

Fun Food Facts from the Past

OCTOBER 11TH - OCTOBER 17TH

SUNDAY
OCTOBER 11TH

Remoulade Sauce

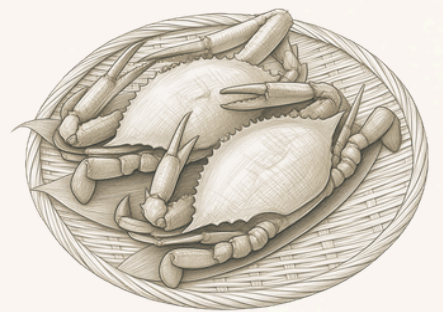
Remoulade sauce originated in France, with recipes dating back to at least the 18th century. When it made its way to Louisiana, cooks added bold seasonings and Creole flavors. Seafood cakes have long been popular in coastal communities, where fishermen made delicious meals from their fresh catches.



MONDAY
OCTOBER 12TH

A Taste of Maine History

Maine's coastal communities have enjoyed fresh crab for generations. While lobster rolls became a New England icon during the 20th century, crabmeat rolls have also been a favorite way to enjoy local seafood. Maine's sweet Jonah crab is especially prized for its delicate flavor.



TUESDAY
OCTOBER 13TH

Shepards Pie

Shepherd's pie dates back to the British Isles, where families used leftover roasted meat and potatoes to create hearty, affordable meals. The dish became popular during the late 1700s and 1800s. Traditionally, shepherd's pie contains lamb, while the beef version is known as cottage pie!



WEDNESDAY
OCTOBER 14TH

BBQ Chicken Sandwich

Barbecue traditions in America developed through a combination of Indigenous cooking techniques and African, European, and Caribbean influences. Coleslaw has even older roots! Its name comes from the Dutch word koolsla, meaning "cabbage salad." Dutch settlers helped introduce cabbage salads to colonial America.



THURSDAY
OCTOBER 15TH

From France to America

Quiche Lorraine originated in the Lorraine region of northeastern France. Early versions were simple savory custard tarts with bacon. Cheese became a common addition in later recipes. Quiche gained widespread popularity in the United States during the 1970s and 1980s, becoming a favorite for brunches and gatherings.



FRIDAY
OCTOBER 16TH

A New England Classic

Chowder has been part of New England food traditions for centuries. Early coastal settlers prepared hearty chowders with fish, potatoes, and other available ingredients. Corn chowder became especially popular as sweet corn was incorporated into these comforting soups. The word "chowder" may come from the French chaudière, meaning cooking pot.



SATURDAY
OCTOBER 17TH

Boston Baked Beans

Boston baked beans became a regional favorite during colonial times, when beans were slowly cooked with molasses. Brown bread, traditionally steamed rather than baked, was often made with rye flour, cornmeal, and molasses. Together, baked beans and brown bread became a beloved Saturday-night supper throughout New England!

