



WEEKLY MENU

Dinner

OCTOBER 18TH - OCTOBER 24TH

SUNDAY OCTOBER 18 TH —❖—	Appetizer: Garden Salad Main Courses: Sealegs Sandwich with Chips Chicken Salad Plate with Romain Lettuce, Tomato, Berries, and Gerlic Bread
MONDAY OCTOBER 19 TH —❖—	Main Courses: Burger Night with Lettuce, Tomato, Bacon, Cheese, Mayo, Mustard, and Ketchup Grilled Ham and Cheese with Tomato wedges & Vinaigrette, and Sweet Potatoes
TUESDAY OCTOBER 20 TH —❖—	Main Courses: Reuben Sandwich with Chips and a Pickle Cottage Cheese and Fruit with Chips and a Pickle
WEDNESDAY OCTOBER 21 ST —❖—	Main Courses: Spinach and Feta Quiche, Bacon and Cheddar Quiche with Mixed Vegetables Turkey Club with Mayo, Chips, and a Pickle
THURSDAY OCTOBER 22 ND —❖—	Main Courses: Fishwich Sandwich with Tarter Sauce and Cheese served with Buttered Cinnamon Carrots and Coleslaw Butternut Squash Soup and a Dinner Roll
FRIDAY OCTOBER 23 RD —❖—	Main Courses: Fried Chicken Tenders with Potatoe Salad Cucumber, Ham, and Chive Cream Cheese Sandwich
SATURDAY OCTOBER 24 TH —❖—	Main Courses: Saturday Night Bean Dinner with Hot Dogs, Potato Salad, and Corn Bread Chicken Salad Plate with Romain Lettuce, Tomatos, Cheese, and Crackers

A TASTE OF HISTORY

Fun Food Facts from the Past

OCTOBER 18TH - OCTOBER 24TH

SUNDAY
OCTOBER 18TH

Sealegs Sandwich

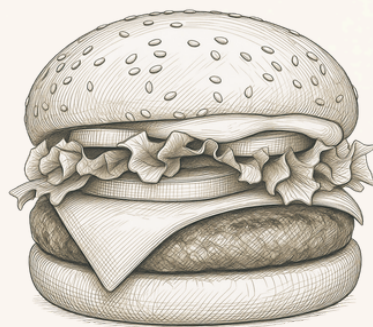
The “Sealegs” sandwich became popular in coastal New England where seafood and hearty sandwich fillings were a favorite among fishermen and mill workers. They have been a New England classic dish for centuries.



MONDAY
OCTOBER 19TH

Burger Night

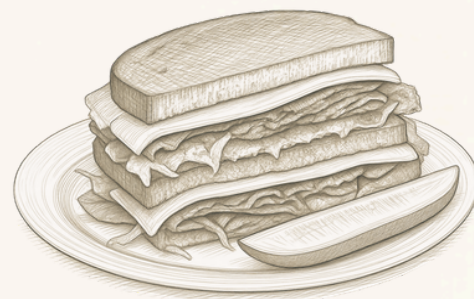
Hamburgers became popular in the United States in the Early 1900s and were a staple at diners and backyard cookouts by the 1950s. The hamburger is named after the German city of Hamburg, where ground beef dishes were first popular in the 1800s.



TUESDAY
OCTOBER 20TH

Reuben Sandwich

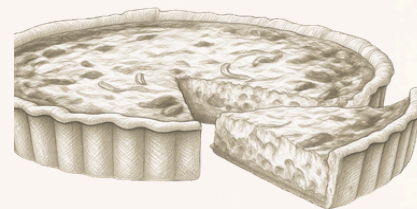
The Reuben sandwich is a classic deli sandwich made with corned beef, sauerkraut, Swiss cheese, and Russian dressing. It became widely popular in the 1940s.



WEDNESDAY
OCTOBER 21ST

Quiche

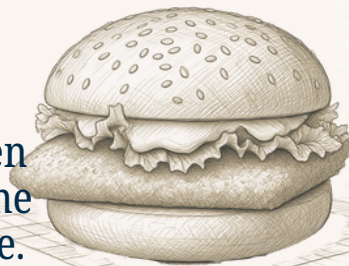
Quiche has French roots, with the word “quiche” coming from the German word kuchen, meaning cake. The dish became popular in France in the 1600s. It has remained a popular dish because it’s delicious, versatile, and easy to prepare.



THURSDAY
OCTOBER 22ND

Fish Sandwich

Fish Sandwiches gained popularity nationwide in the 1960s, but they have been a Maine tradition for generations, thanks to our rich fishing heritage. It’s been a New England favorite, especially during the days of the fishing industry, when fresh catch was readily available.



FRIDAY
OCTOBER 23RD

Fried Chicken Tenders

Fried chicken has been a beloved comfort food in America since the 1800s, with roots in both Southern and New England cooking traditions. Fried Chicken became especially popular after World War II, often being served at family gatherings.



SATURDAY
OCTOBER 24TH

Bean Dinner

Bean dinners have been a New England tradition for over 200 years. Baked beans, often slow cooked with molasses, were a hearty and affordable meal for families.

