WEEKLY MENU

Dinner

OCTOBER 25TH - OCTOBER 31ST

SUNDAY **OCTOBER 25TH**	**Main Courses:** White Turkey Chili with Corn Bread and Sour Cream Egg Salad Sandwich and Carrot Raisin Slaw
MONDAY **OCTOBER 26TH**	**Main Courses:** Ham Salad Sandwich Chick Pea Salad Tuna Melt with Chips and a Pickle
TUESDAY **OCTOBER 27TH**	**Main Courses:** Chicken Salad Sandwich Broccoli Salad Deli Sandwich with Chips and a Pickle
WEDNESDAY **OCTOBER 28TH**	**Main Courses:** Thai Coconut Soup Thai Cucumber Salad Grilled Reuben Hummus and Cucumbers
THURSDAY **OCTOBER 29TH**	**Main Courses:** Cobb Salad with Ham Cubes Bread Sticks Flatbread Hawaiian Pizza Cottage Cheese
FRIDAY **OCTOBER 30TH**	**Main Courses:** Baked Macaroni and Chicken Broccoli Salad Sealegs Sandwich Pickled Beets
SATURDAY **OCTOBER 31ST**	**Main Courses:** Baked Bean Supper Hot Dogs, Brown Bread, and Cole Slaw Open Faced Turkey Sandwich with Stuffing and Gravy

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A TASTE OF HISTORY

Fun Food Facts from the Past

OCTOBER 25TH - OCTOBER 31ST

SUNDAY
OCTOBER 25TH

Turkey Chili

Turkey chili became popular in the 1980s as a lighter twist on traditional chili, using turkey instead of beef. Corn bread has been a staple in American life since Native American tribes first shared their corn with European settlers.



MONDAY
OCTOBER 26TH

Tuna Melts

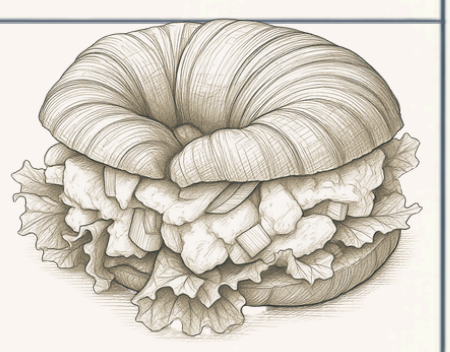
Tuna melts gained popularity in the 1950s when canned tuna became widely available and easy to prepare. Chickpeas (also known as garbanzo beans) have been grown for over 7,000 years and were an important food in ancient mediterranean diets.



TUESDAY
OCTOBER 27TH

Chicken Salad

Chicken salad became popular in the early 1900s as a way to use leftover roasted chicken. Broccoli, originally from Italy, didnt become common in America until the 20th century.



WEDNESDAY
OCTOBER 28TH

Coconut Soup

Coconut milk has been used in Southeast Asian cooking for centuries, giving dishes a rich and creamy flavor. Reuben Sandwiches trace their roots to the 1920s in New York and Omaha.



THURSDAY
OCTOBER 29TH

Hawiian Pizza

Hawiian Pizza, with its combination of ham and pineapple, was created in 1962 by a Greek-Canadian chef and quickly became a worldwide favorite.



FRIDAY
OCTOBER 30TH

Macaroni and Cheese

Macaroni and cheese became a beloved American Comfort food during the great depression because it was affordable, filling, and easy to make.



SATURDAY
OCTOBER 31ST

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.



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