



# WEEKLY MENU

## *Dinner*

OCTOBER 4<sup>TH</sup> - OCTOBER 10<sup>TH</sup>

|                                                        |                                                                                                                                                                                                                       |
|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>SUNDAY<br/>OCTOBER 4<sup>TH</sup></p> <p>—❖—</p>    | <ul style="list-style-type: none"><li>• Hot Dog on a Roll with Baked Beans and Brown Bread</li><li>• Shrimp Salad on a Roll with Chips and Pickles</li></ul>                                                          |
| <p>MONDAY<br/>OCTOBER 5<sup>TH</sup></p> <p>—❖—</p>    | <ul style="list-style-type: none"><li>• Carrot Ginger Soup</li><li>• BLT Sandwich or on Greens with Ranch</li><li>• Fruit Dish and Cottage Cheese</li></ul>                                                           |
| <p>TUESDAY<br/>OCTOBER 6<sup>TH</sup></p> <p>—❖—</p>   | <ul style="list-style-type: none"><li>• Vegetable Farro Soup</li><li>• Broccoli Cheddar Quiche</li><li>• Ham and Swiss Wrap with Dijon Vinaigrette</li></ul>                                                          |
| <p>WEDNESDAY<br/>OCTOBER 7<sup>TH</sup></p> <p>—❖—</p> | <ul style="list-style-type: none"><li>• Tomato Soup</li><li>• Grilled Cheese Sandwich or Bologna and Cheese Sandwich</li><li>• Large Salad with Marinated Vegetables and Sliced Turkey</li><li>• Fruit Dish</li></ul> |
| <p>THURSDAY<br/>OCTOBER 8<sup>TH</sup></p> <p>—❖—</p>  | <ul style="list-style-type: none"><li>• Small Garden Salad</li><li>• Fish Chowder with a Roll</li><li>• Turkey Salad Sandwich</li></ul>                                                                               |
| <p>FRIDAY<br/>OCTOBER 9<sup>TH</sup></p> <p>—❖—</p>    | <ul style="list-style-type: none"><li>• Corn Chowder</li><li>• American Chop Suey with a Petit Salad</li><li>• Chef Salad and Fruit</li></ul>                                                                         |
| <p>SATURDAY<br/>OCTOBER 10<sup>TH</sup></p> <p>—❖—</p> | <ul style="list-style-type: none"><li>• Cucumbers with Ranch</li><li>• Chili with a Loaded Baked Potato</li><li>• Greek Salad with Ham or Turkey</li><li>• Fruit Dish</li></ul>                                       |

# A TASTE OF HISTORY

## Fun Food Facts from the Past

OCTOBER 4<sup>TH</sup> - OCTOBER 10<sup>TH</sup>

**SUNDAY**  
OCTOBER 4<sup>TH</sup>

### Hot Dog on a Roll

Hot dogs have been enjoyed for over 100 years and became especially popular in the United States at Baseball games in the 1920s. They are believed to have European origins, with similar sausages dating back to the 13<sup>th</sup> century. Today, hot dogs are one of the most popular American comfort foods.



**MONDAY**  
OCTOBER 5<sup>TH</sup>

### Carrot Ginger Soup

Carrots have been cultivated for over 1,000 years, originally grown in Asia and the Middle East before coming popular in Europe. Ginger has been used for thousands of years in cooking and traditional medicine, dating back to ancient China and India.



**TUESDAY**  
OCTOBER 6<sup>TH</sup>

### Vegetable Farro Soup

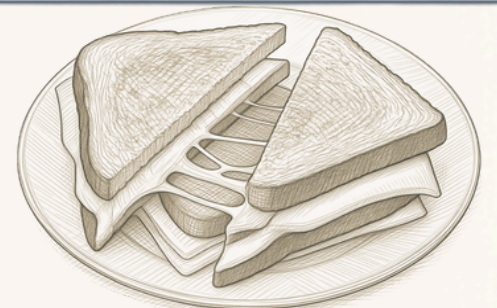
Farro is an ancient grain that has been grown for thousands of years, dating back to ancient Egypt and Rome. It was a staple food for Roman soldiers because it was nutritious and filling. Still popular today for its hearty texture and nutty flavor.



**WEDNESDAY**  
OCTOBER 7<sup>TH</sup>

### Grilled Cheese

The grilled cheese sandwich became popular in the 1920s when sliced bread and processed cheese became widely available. Since then grilled cheese has become a classic comfort food loved by generations.



**THURSDAY**  
OCTOBER 8<sup>TH</sup>

### Fish Chowder

New England clam and fish chowders have been enjoyed since the 1700s, when settlers used local fish, clams, potatoes, and milk to create a hearty meal. Chowder became a staple along the eastern seaboard, especially in Maine, where fresh seafood was plentiful.



**FRIDAY**  
OCTOBER 9<sup>TH</sup>

### American Chop Suey

American Chop Suey is a unique New England dish that likely evolved in the early 20<sup>th</sup> century. It is believed to have been inspired by Italian-American flavors and the popularity of pasta.



**SATURDAY**  
OCTOBER 10<sup>TH</sup>

### Chili

Chili has roots in the American Southwest and Texas, where it was influenced by Spanish, Native American, and Mexican cuisines. It became especially popular in the late 1800s and 1900s, known for being a hearty and inexpensive meal.

