



WEEKLY MENU

Lunch



OCTOBER 11TH – OCTOBER 17TH

SUNDAY
OCTOBER 11TH

- Mixed Greens with Apple Slices, Walnuts, and Goat Cheese
- Pot Roast with Mashed Sweet Potatoes and Cauliflower Blend
- Chicken Salad Sandwich

MONDAY
OCTOBER 12TH

- Caesar Salad
- Eggplant Parmesan with Spaghetti and Broccoli
- Italian Style Sandwich

TUESDAY
OCTOBER 13TH

- Garden Salad
- Chicken Stuffed with Apples and Brie, Served with Red Potatoes and Butternut Squash
- Tuna Salad Sandwich with Chips and a Pickle

WEDNESDAY
OCTOBER 14TH

- Fresh Greens with Strawberries, Feta, and Balsamic Vinaigrette
- Beef Lasagna, Served with Zucchini and Garlic Bread
- Ham and Swiss Sandwich

THURSDAY
OCTOBER 15TH

- Garden Salad
- Turkey with Gravy, Mashed Potatoes, Green Beans, and Cranberry Sauce
- Ham Macaroni with a side of Green Beans

FRIDAY
OCTOBER 16TH

- Chef's Choice Salad
- Cod with Lemon Herb Sauce, Rice Pilaf, and Mixed Vegetables
- Greek Salad Wrap with Diced Turkey

SATURDAY
OCTOBER 17TH

- Fall Harvest Soup
- Roasted Pork Tenderloin with Apples, Gravy, Vegetable Medley, and Baked Potato
- Ham and Cheddar Sandwich with Dijon, Lettuce, and Tomato

SUNDAY
OCTOBER 11TH

Name: _____

☐ Mixed Greens with Apple Slices, Walnuts, and Goat Cheese

☐ Pot Roast

☐ Cauliflower Blend

☐ Chicken Salad Sandwich

☐ Mashed Sweet Potatoes

Notes: _____

MONDAY
OCTOBER 12TH

Name: _____

☐ Caesar Salad

☐ Eggplant Parmesan with Spaghetti

☐ Broccoli

☐ Italian Style Sandwich

Notes: _____

TUESDAY
OCTOBER 13TH

Name: _____

☐ Garden Salad

☐ Chicken Stuffed with Apples and Brie

☐ Red Potatoes

☐ Tuna Salad Sandwich

☐ Butternut Squash

Notes: _____

WEDNESDAY
OCTOBER 14TH

Name: _____

☐ Fresh Greens with Straberries, Feta, and Balsamic Vinaigrette

☐ Beef Lasagna

☐ Zucchini

☐ Ham and Swiss Sandwich

☐ Garlic Bread

Notes: _____

THURSDAY
OCTOBER 15TH

Name: _____

☐ Garden Salad

☐ Turkey With Gravy

☐ Green Beans

☐ Ham Macaroni

☐ Mashed Potatoes

☐ Cranberry Sauce

Notes: _____

FRIDAY
OCTOBER 16TH

Name: _____

☐ Chef’s Choice Salad

☐ Cob with Lemon Herb Sauce

☐ Rice Pilaf

☐ Greek Salad Wrap with Diced Turkey

☐ Mixed Vegetables

Notes: _____

SATURDAY
OCTOBER 17TH

Name: _____

☐ Fall Harvest Soup

☐ Roasted Pork Tenderloin with Apples

☐ Baked Potato

☐ Ham and Cheddar Sandwich with Dijon, Lettuce, and Tomato

☐ Gravy

☐ Vegetable Medley

Notes: _____

A TASTE OF HISTORY

Fun Food Facts from the Past

OCTOBER 11TH – OCTOBER 17TH

SUNDAY
OCTOBER 11TH

A Sunday Dinner Tradition

Pot roast became a beloved American family meal during the 19th and 20th centuries. Cooking tougher cuts of beef slowly with vegetables created a tender, flavorful dinner. In many New England households, Sunday pot roast was a tradition, with leftovers often enjoyed in sandwiches the next day!



MONDAY
OCTOBER 12TH

An Italian Classic

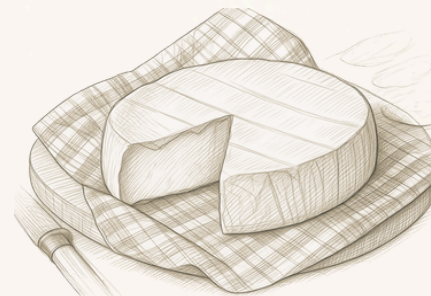
Eggplant Parmesan, known in Italy as Parmigiana di Melanzane, has roots in southern Italian cooking. Recipes featuring layers of fried eggplant, tomato sauce, and cheese became popular long before the dish reached American dinner tables. Italian immigrants helped introduce this comforting favorite to the United States during the late 19th and early 20th centuries.



TUESDAY
OCTOBER 13TH

Chicken Stuffed with Apples and Brie

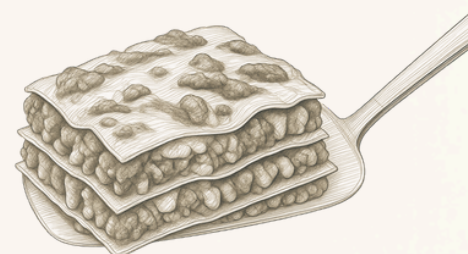
Brie cheese has been produced in the Île-de-France region of France for centuries and became known as the "King of Cheeses." Apples have an equally impressive history in New England. By the 1700s, apple orchards were common throughout Maine, providing fruit for cooking, cider making, and winter storage.



WEDNESDAY
OCTOBER 14TH

Lasagna

Lasagna has roots stretching back to ancient Rome, where cooks prepared layered dishes using sheets of dough. The familiar lasagna made with pasta, meat sauce, and cheese developed much later in Italy. Lasagna became especially popular in American homes during the 20th century as Italian-American cooking gained widespread popularity.



THURSDAY
OCTOBER 15TH

A Taste of Early America

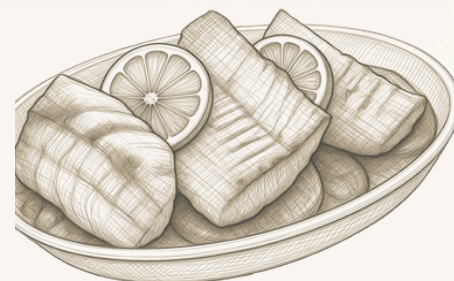
Cranberries are native to North America and were used by Indigenous peoples long before European settlers arrived. Cranberry sauce became a traditional accompaniment to turkey over time, particularly in New England. By the 1800s, turkey and cranberry sauce were firmly associated with American Thanksgiving celebrations.



FRIDAY
OCTOBER 16TH

A Maine Maritime Tradition

Cod fishing played an enormous role in New England's history. Beginning in the 1600s, dried and salted cod became one of the region's most important exports. Fishing communities along the Maine coast depended on cod for food and trade. For generations, baked cod has remained a simple and beloved New England meal.



SATURDAY
OCTOBER 17TH

An Old-Fashioned Favorite

Pork and apples have been paired together for centuries in European and American cooking. In colonial New England, families raised pigs and grew apples because both provided valuable food through the colder months. Applesauce and roasted pork became a classic combination, especially during autumn harvest celebrations.

