



WEEKLY MENU

Lunch



OCTOBER 18TH – OCTOBER 24TH

SUNDAY
OCTOBER 18TH

Main Courses: Corned Beef with Cabbage, Potatoes, and Carrots
Tuna Sandwich with Lettuce, Tomato. Pickles and Chips
Dessert: Bread Pudding with Caramel Sauce

MONDAY
OCTOBER 19TH

Appetizer: Cheese and Crackers
Main Courses: French Onion Style Chicken Breast Served with Rice Pilaf and Vegetable Medley
Chicken Salad Roll with Lettuce and Tomato and a Side of Potato Wedges
Dessert: Chocolate Mousse

TUESDAY
OCTOBER 20TH

Appetizer: Apple Cranberry and Pecan Salad
Main Courses: Salmon with Mango Salsa, Garlic Potatoes, and Green Beans
Cobb Salad
Dessert: Lemon Meringue Cake

WEDNESDAY
OCTOBER 21ST

Appetizer: Garden Salad with Beets, Mandarin Organges, and Pecans
Main Courses: Sausage and Shrimp Jumbalaya with New Orleans Rice and Fresh Dinner Rolls
Roast Beef Sandwich with Lettuce and Cheese
Dessert: Sweet Potato Pie

THURSDAY
OCTOBER 22ND

Main Courses: Roast Ham Dinner with Brown Sugar and Cherry Sauce Served with Stuffing and Green Bean Casserole
Egg Salad Sandwich
Garden Salad with Bacon
Dessert: Key Lime Tart

FRIDAY
OCTOBER 23RD

Appetizer: Garden Salad
Main Courses: Baked Haddock Florentine with Mashed Potatoes and Acorn Squash
Ham and Cheese Sandwich with Pickles and Chips
Dessert: Blueberry Crumble Cake

SATURDAY
OCTOBER 24TH

Appetizer: Garden Salad
Main Courses: Stuffed Cabbage with Beef and Rice and a side of Maple Roasted Brussel Sprouts
Turkey Club Sandwich with Pickles and Chips
Dessert: Szarlotka (Polish Apple Cake)



A TASTE OF HISTORY

Fun Food Facts from the Past

OCTOBER 18TH – OCTOBER 24TH



SUNDAY
OCTOBER 18TH

Corned Beef with Cabbage

Corned beef was a staple in 19th century New England, especially with Irish Immigrants. It became popular because it was a hearty, affordable meal that could feed a family. Many associate the dish with St. Patrick's day because of its Irish roots.



MONDAY
OCTOBER 19TH

Rice Pilaf

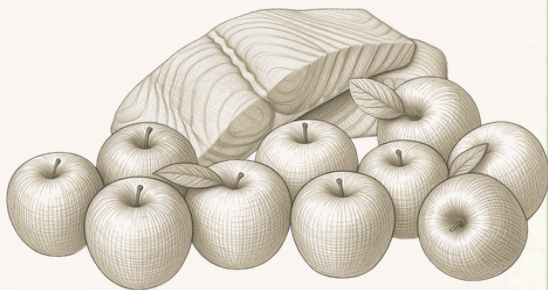
Rice pilaf has been enjoyed for centuries in many cultures. The word "pilaf" comes from the Turkish word pilav which simply means :rice:. It was often served at celebrations and special occasions.



TUESDAY
OCTOBER 20TH

Salmon and Apples

Salmon has been an important food source for centuries, especially in Maine, where it has long been a part of local culture and heritage. Apples have been grown in the U.S. Since colonial times!



WEDNESDAY
OCTOBER 21ST

Jambalaya

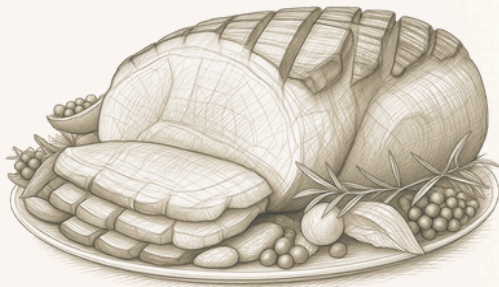
Jambalaya is a classic dish from Louisiana, influenced by Spanish, French, and African cooking traditions. It's a flavorful "one-pot" meal that brings together rice, meats, and spices.



THURSDAY
OCTOBER 22ND

Ham Dinner

Ham has been a traditional comfort food for centuries. In New England, it was often served at family gatherings and holidays because it was easy to preserve and could feed a large crowd.



FRIDAY
OCTOBER 23RD

Baked Haddock Florentine

Haddock, a mild and flaky white fish, has been a New England favorite for generations. "Florentine" style dishes often include spinach, named after Florence, Italy, where spinach dishes were especially popular.



SATURDAY
OCTOBER 24TH

Stuffed Cabbage with Beef

Stuffed Cabbage rolls are enjoyed in many cultures, from Eastern Europe to New England. They became popular with immigrants who used simple, affordable ingredients to create a warming and satisfying meal.

