WEEKLY MENU

Lunch

OCTOBER 25TH – OCTOBER 31ST

SUNDAY **OCTOBER 25TH**	**Appetizer:** CousCous Salad **Main Courses:** Pot Roast with Gravy, Mashed Poatoes, and Peas Turkey BLT Wraps with Cucumbers, feta, and dill **Dessert:** Tres Leche Cake
MONDAY **OCTOBER 26TH**	**Appetizer:** Mushroom Soup **Main Courses:** Oven Roasted Chicken with Stuffing and Green Beans Potato Leek Soup Garden Salad **Dessert:** Pumpkin Pie
TUESDAY **OCTOBER 27TH**	**Appetizer:** Bruschetta **Main Courses:** Breaded Pork Chop with Broccoli and Oven Roasted Potatoes Shrimp Stew with Biscuits Chef Salad and Whipped Fruit Salad **Dessert:** Peanut Butter Cheesecake
WEDNESDAY **OCTOBER 28TH**	**Appetizer:** Antipasto Salad **Main Courses:** Sausage Tortellini with Alfredo Sauce, Spinach, and Garlic Rolls Roast Beef Pinwheels, Cole Slaw, and Chips **Dessert:** Chocolate Zuchini Cake
THURSDAY **OCTOBER 29TH**	**Appetizer:** Lemon Herbed CousCous Salad **Main Courses:** Chicken Piccata with Cauliflower Medley American Chop Suey and Roasted Carrots **Dessert:** Apple Crisp A la Mode
FRIDAY **OCTOBER 30TH**	**Appetizer:** Caprese Salad on Toasted Garlic Bread **Main Courses:** Seafood Chowder and Green Beans with Roasted Almonds Ham Club Wrap with Chips and a Pickle **Dessert:** Cream Puffs
SATURDAY **OCTOBER 31ST**	**Appetizer:** Guacamole and Chips **Main Courses:** Shrimp Enchiladas with Spanish Rice Greek Salad with Chicken **Dessert:** Rum Cake with Whipped Cream

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A TASTE OF HISTORY

Fun Food Facts from the Past

OCTOBER 25TH – OCTOBER 31ST

SUNDAY
OCTOBER 25TH

Pot Roast

Pot roast has been a comfort food favorite for generations, especially during the 1940s, when slow cooked meals helped families stretch their meals and bring everyone together at the table.



MONDAY
OCTOBER 26TH

Chicken and Stuffing

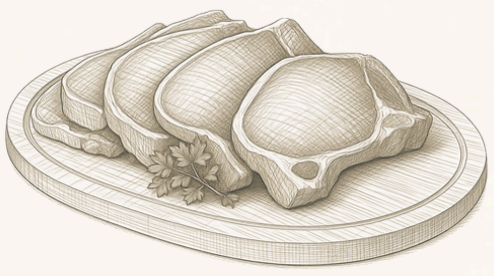
Chicken and stuffing has long been a classic combination, becoming especially popular ing the 1950s when it became a staple for family dinners in America. Potato leek soup is a traditional french recipe dating back to the 16th century, known for its simple ingredients and rich taste.



TUESDAY
OCTOBER 27TH

Pork Chops

Pork chops became a popular household meal in the 1950s because they were affordable, versatile, and easy to prepare. Shrimp stew is a classic coastal dish where fresh seafood is the highlight. It's been especially loved in New England for centuries.



WEDNESDAY
OCTOBER 28TH

Tortellini

Tortellini is a type of stuffed pasta, originating in Italy and has been enjoyed for hundreds of years. The name is thought to come from it's ring shape which resembles a little "naval"



THURSDAY
OCTOBER 29TH

Chicken Picatta

Chicken picatta is an Italian-American dish made with a tangy lemon and caper sauce. It gained popularity in the mid-20th century and is known for its bright, zesty flavor.



FRIDAY
OCTOBER 30TH

Almonds

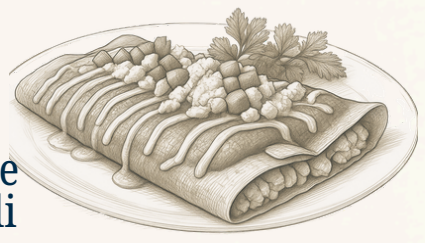
Almonds have been enjoyed for thousands of years and were considered a special treat in ancient times. Roasting almonds enhances their natural sweetness and makes them a delicious and healthy snack.



SATURDAY
OCTOBER 31ST

Shrimp Enchiladas

Shrimp enchiladas are a delicious twist on a traditional mexican dish. Enchiladas date back to ancient times, when tortillas were filled with simple ingredients and topped with sauces made from chili peppers, a key part of the mexican cuisine.



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