



WEEKLY MENU

Lunch



OCTOBER 4TH – OCTOBER 10TH

SUNDAY
OCTOBER 4TH

- Lentil Soup
- Turkey Stew with Dumplings and Mixed Vegetable Medley
- Half a Deli Sandwich with Chips and a Pickle

MONDAY
OCTOBER 5TH

- Garden Salad
- Roasted Ham with Pineapple and Rice served with Buttered Peas
- Chicken Salad Sandwich

TUESDAY
OCTOBER 6TH

- Chef's Choice Salad
- Spaghetti and Meatballs with Garlic Bread and Haricot Verts
- Egg Salad Sandwich with Chips and a Pickle

WEDNESDAY
OCTOBER 7TH

- Spinach Salad
- Roasted Whole Chickens with Buttered Carrots, Gravy, and Mashed Potatoes
- Tuna Salad Sandwich or on Greens

THURSDAY
OCTOBER 8TH

- Chicken Noodle Soup
- Cheese Burgers with Broccoli Salad and Potato Wedges
- Club Sandwich

FRIDAY
OCTOBER 9TH

- Chef's Choice Soup
- Breaded Pork Chops with Onion Gravy, Vegetable Medley and Rice Pilaf
- Roast Beef and Cheddar Sandwich

SATURDAY
OCTOBER 10TH

- Chef's Choice Soup
- Chicken Teriyaki Stir Fry Over Brown Rice
- Corn Beef and Cheese Sandwich

A TASTE OF HISTORY

Fun Food Facts from the Past

OCTOBER 4TH – OCTOBER 10TH

SUNDAY
OCTOBER 4TH

Lentil Soup

Lentils have been enjoyed for over 9,000 years and are one of the oldest cultivated foods in the world. Lentils are packed with protein, fiber, and vitamins, making them a hearty and healthy choice.



MONDAY
OCTOBER 5TH

Roasted Ham

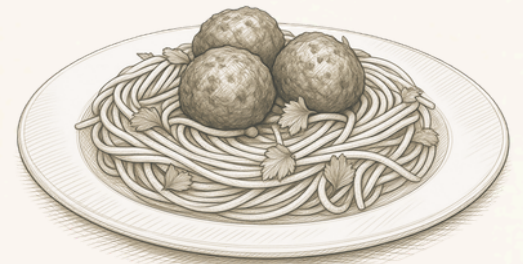
Ham has been enjoyed for centuries, with evidence of pork being cured as early as ancient China around 2,000 B.C. Peas have been grown for over 10,000 years and were a favorite vegetable in medieval Europe.



TUESDAY
OCTOBER 6TH

Spaghetti and Meatballs

While spaghetti originated in Italy, the classic spaghetti and meatball dish is most closely linked to Italian immigrants in the United States. Meatballs allow for a creative use of ground meat and breadcrumbs, helping families stretch meals.



WEDNESDAY
OCTOBER 7TH

Roasted Whole Chicken

Roasting a whole chicken has been a traditional method of cooking for hundreds of years and was a Sunday favorite for many families. Carrots are believed to have originally been purple and cultivated over 1,000 years ago.



THURSDAY
OCTOBER 8TH

Chicken Noodle Soup

Chicken noodle soup has been a go-to comfort food for generations. Often enjoyed during cold and flu season. Noodles were introduced to Europe from Asia and quickly became a popular addition to soups.



FRIDAY
OCTOBER 9TH

Pork Chops

Pork has been part of the Human diet for thousands of years, with evidence of domestication dating back to 8,000 B.C. Gravy became popular in the 18th century as a way to add flavor and moisture to meats.



SATURDAY
OCTOBER 10TH

Chicken Teriyaki

Teriyaki originated in Japan, where the word means “glossy broil”, referring to the cooking method of grilling meats with a sweet soy-based sauce. The dish gained popularity in the United States in the 1950s and 1960s.

