WEEKLY MENU

Dinner

NOVEMBER 1ST - NOVEMBER 7TH

SUNDAY **NOVEMBER 1ST**	**Main Courses:** Corn Chowder with Tomato and Cumber Salad Egg Salad Sandwich and Pasta Salad
MONDAY **NOVEMBER 2ND**	**Main Courses:** Broccoli and Cheese Soup with Garlic Bread Tuna Salad Plate with Chips and a Pickle
TUESDAY **NOVEMBER 3RD**	**Main Courses:** Broccoli and Cheese Quiche with Canadian Bacon and Caprese Skewers Deli Sandwich with Chips and a Pickle
WEDNESDAY **NOVEMBER 4TH**	**Main Courses:** Grilled Bacon and Cheese with Tomato Soup Ham Salad Wrap and Three Bean Salad
THURSDAY **NOVEMBER 5TH**	**Main Courses:** Mac and Cheese Kielbasa with Saurkraut Green Beans Chef Salad and a Dinner Roll
FRIDAY **NOVEMBER 6TH**	**Main Courses:** Shepards Pie with Demi Salad Chef Salad with Cottage Cheese
SATURDAY **NOVEMBER 7TH**	**Main Courses:** Baked Bean Supper Hot Dogs, Brown Bread, and Potato Salad Ham Salad and Cheese Sandwich with Cole Slaw

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A TASTE OF HISTORY

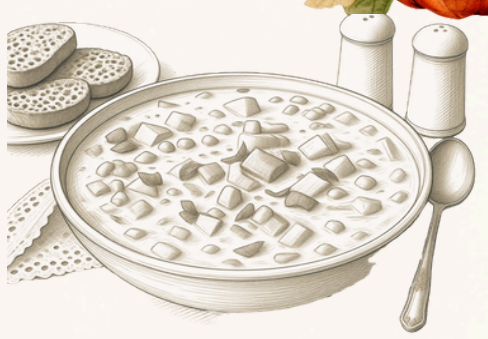
Fun Food Facts from the Past

NOVEMBER 1ST - NOVEMBER 7TH

SUNDAY
NOVEMBER 1ST

Corn Chowder

Corn chowder has been a New England favorite since the 1700s. Early settlers used fresh corn and cream to create a hearty and comforting soup that is perfect for chilly days.



MONDAY
NOVEMBER 2ND

Broccoli and Cheese Soup with Garlic Bread

Broccoli and cheese soup became popular in the 20th century, thanks to its creamy, comforting flavor and the nutritious benefits of broccoli. Garlic bread is believed to have originated in Italy, where bread was often topped with garlic and olive oil.



TUESDAY
NOVEMBER 3RD

Canadian Bacon and Caprese Skewers

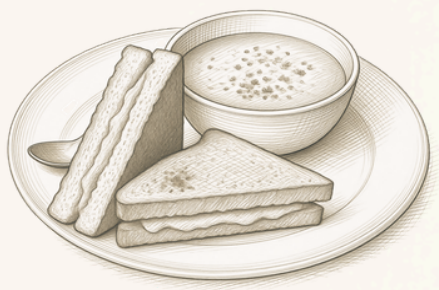
Canadian bacon is leaner than traditional bacon and became popular in the U.S. in the 1800s. Caprese skewers highlight the classic Italian combination of tomato, mozzarella, and basil.



WEDNESDAY
NOVEMBER 4TH

Grilled Cheese and Tomato Soup

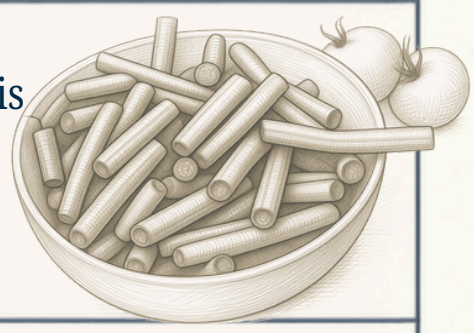
This classic combination became especially popular in the 1920s, and for good reason - the rich, melty sandwich pairs perfectly with a warm, tangy bowl of tomato soup.



THURSDAY
NOVEMBER 5TH

Saurkraut Green Beans

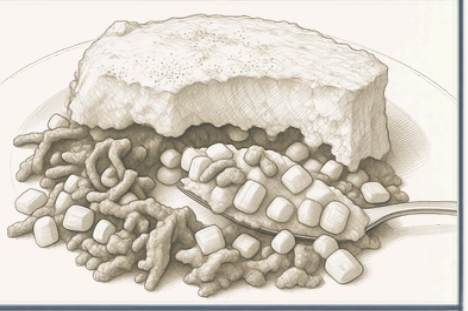
Saurkraut has been enjoyed for over 2,000 years and is known for its probiotic benefits. Paired with green beans, it makes a tasty and nutritious side dish.



FRIDAY
NOVEMBER 6TH

Shepards Pie

Shepherd's pie originated in England in the 1700s as a way to use lefto over meat and vegetables. Today, it remains a classic comfort food known for its rich flavor and hearty ingredients.



SATURDAY
NOVEMBER 7TH

Bean Dinner

Bean dinners have been a New England tradition for over 200 years. Baked beans, often slow cooked with molasses, were a hearty and affordable meal for families. They are also a great source of protein and fiber.



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