WEEKLY MENU

Lunch

NOVEMBER 15TH – NOVEMBER 21ST

SUNDAY **NOVEMBER 15TH**	**Appetizer:** Sausage Bites **Main Courses:** Fish Stew with a Garlic Baquette and Side Salad Salad Bowl with Roasted Fall Vegetables, Smoked Turkey, and Quinoa **Dessert:** Apple Strudel Ala Mode
MONDAY **NOVEMBER 16TH**	**Appetizer:** Lemon Hummus and Crackers **Main Courses:** Spaghetti and Meatballs with Garlic Knots and Caesar Salad Chicken Fingers with Potato Wedges and Cucumber Salad **Dessert:** Banana Cake with Cream Cheese Icing
TUESDAY **NOVEMBER 17TH**	**Appetizer:** Roasted Acorn Squash with Brown Sugar **Main Courses:** Corned Beef Hash with Boiled Egg, Soda Bread, and Pickled Beets Grilled Shrimp and Mango Salad **Dessert:** Pear Crostata Ala Mode
WEDNESDAY **NOVEMBER 18TH**	**Appetizer:** Herbed Goat Cheese and Crostini **Main Courses:** Guiness Beer Battered Fish and Chips with Coleslaw Cheeseburger Sliders with French Fries and Coleslaw **Dessert:** Ice Cream Sundae with Homemade Fudge Sauce
THURSDAY **NOVEMBER 19TH**	**Appetizer:** Mini Taco with House Guacamole Scallion Crema **Main Courses:** Roasted Chicken with Mashed Sweet Potato and Green Bean Casserole Tuna Melt with Macaroni Salad **Dessert:** Cream Puffs
FRIDAY **NOVEMBER 20TH**	**Appetizer:** Fish Cake and Remoulade **Main Courses:** American Chop Suey with a Side Salad Hawaiian Flatbread with a Side Salad **Dessert:** Zucchini and Carrot Cake
SATURDAY **NOVEMBER 21ST**	**Appetizer:**Cheesy Bites **Main Courses:** Baked Beans with Potato Salad and Hot Dogs Chef Salad **Dessert:** Raspberry Sorbet

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A TASTE OF HISTORY

Fun Food Facts from the Past

NOVEMBER 15TH – NOVEMBER 21ST

SUNDAY
NOVEMBER 15TH

Fish Stew

Fish Stew has roots in Coastal Communities around the world, where fresh catch was simmered with simple, hearty ingredients. It's a classic New England comfort, often made with local fish and seasonal vegetables.



MONDAY
NOVEMBER 16TH

Spaghetti and Meatballs

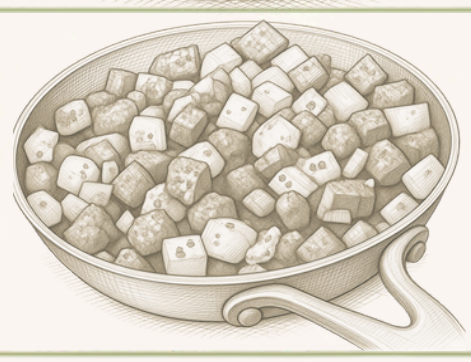
Italian immigrants brought spaghetti and meatballs to America in the early 1900s, where it quickly became a family favorite. The Italian version often used smaller meatballs, while larger "America-style" meatballs became popular here.



TUESDAY
NOVEMBER 17TH

Corned Beef Hash

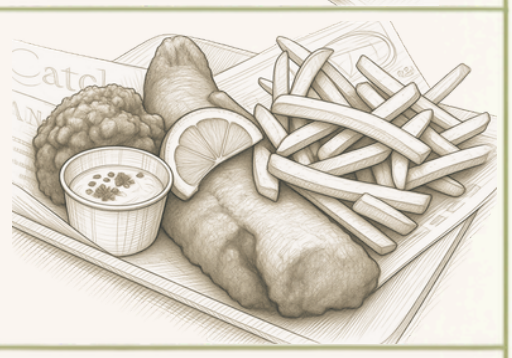
Hash is a classic way to make a hearty meal from leftovers. Corned Beef Hash became especially popular in the late 1800s and remains a belvoed diner and home-style favorite today.



WEDNESDAY
NOVEMBER 18TH

Beer Battered Fish and Chips

Fish and Chips originated in England in the 1800s, combining fried fish with crispy potatoes. The beer batter adds a light, crispy coating, which became popular in pubs and has remained a classic ever since.



THURSDAY
NOVEMBER 19TH

Roasted Chicken

Roasting Chicken has been a favorite cooking method for centuries. It became a go-to Sunday diner in American homes because it's flavorful, versatile, and brings people together around the table.



FRIDAY
NOVEMBER 20TH

Fish Cake

Fish cakes, or fish patties, have long been a New England tradition, especially in coastal towns. They were a delicious and very practical way to use fresh or leftover fish.



SATURDAY
NOVEMBER 21ST

Baked Beans

Baked beans have deep roots in New England cooking, with a history dating back to the colonists. They were often slow-cooked in a bean pot with molasses, giving them their signature sweet and savory flavor.



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