WEEKLY MENU

Lunch

NOVEMBER 1ST – NOVEMBER 7TH

SUNDAY **NOVEMBER 1ST**	**Appetizer:** Goat Cheese and Beet Salad **Main Courses:** Stuffed Pepper with Honey Glazed Carrots and a Dinner Roll Crabmeat Roll with Sliced Tomato, Chips, and a Pickle **Dessert:** Rice Pudding
MONDAY **NOVEMBER 2ND**	**Appetizer:** Sweet Potato with Craisins and Goat Cheese **Main Courses:** Chicken Cordon Bleu with Zucchini Parmesan Turkey BLT with a Demi Ceasar Salad and Chips **Dessert:** Pear Crumble
TUESDAY **NOVEMBER 3RD**	**Appetizer:** Bruschetta **Main Courses:** Chicken with Lemon Blueberry Glaze, Roasted Potatoes, and Green Beans Cold Salmon with Dill Salad and Pickled Beets **Dessert:** Apple Sour Cream Coffee Cake
WEDNESDAY **NOVEMBER 4TH**	**Appetizer:** Pasta Salad **Main Courses:** Roasted Turkey with Gravy, Stuffing, and Peas Roast Beef Sandwich with chips and Potato Salad **Dessert:** Tiramisu
THURSDAY **NOVEMBER 5TH**	**Appetizer:** Waldorf Salad **Main Courses:** Honey Mustard Pork Loin with Veggie Medley and Roasted Beets Ham and Swiss Sandwich with Demi Garden Salad and Chips **Dessert:** Blondies
FRIDAY **NOVEMBER 6TH**	**Appetizer:** Garden Salad **Main Courses:** Lemon Pepper Fish with Mashed Potatoes and Sauteed Mushrooms, and Broccoli Turkey Club Wrap with Chips and a Pickle **Dessert:** Peanut Butter and Jelly Bars
SATURDAY **NOVEMBER 7TH**	**Appetizer:** Clam Chowder **Main Courses:** Salmon Cakes with Green Beans and Carrots Greek Salad with Chicken and a Baguette **Dessert:** Lemon Yogurt Cake

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A TASTE OF HISTORY

Fun Food Facts from the Past

NOVEMBER 1ST – NOVEMBER 7TH

SUNDAY
NOVEMBER 1ST

Stuffed Peppers

Stuffed peppers are a comfort food classic that date back to the 1800s. Bell peppers are rich in Vitamin C - in fact, they have more vitamin C than an Orange!



MONDAY
NOVEMBER 2ND

Chicken Cordon Bleu

Cordon Bleu means “blue ribbon” in French, symbolizing high culinary quality. This classic dish combines tender chicken, ham, and Swiss cheese for a delicious and timeless meal.



TUESDAY
NOVEMBER 3RD

Bruschetta

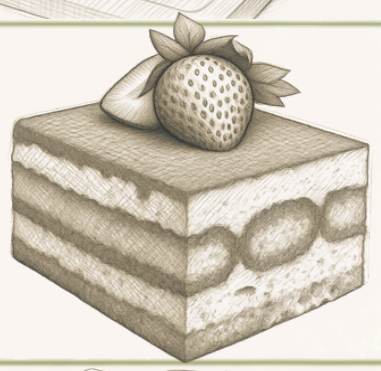
Bruschetta originated in Italy and was originally a way to use stale bread. It’s a simple dish, but the fresh tomatoes, garlic, and basil make it an incredibly flavorful dish.



WEDNESDAY
NOVEMBER 4TH

Tiramisu

Tiramisu means “pick me up” in Italian, thanks to the energizing combination of coffee and cocoa. It’s a beloved dessert from the Veneto region of Italy.



THURSDAY
NOVEMBER 5TH

Waldorf Salad

The Waldorf Salad was created in 1896 at the Waldorf-Astoria Hotel in New York City. The original recipe for Waldorf Salad included apples, celery, walnuts, and a creamy dressing.



FRIDAY
NOVEMBER 6TH

Lemon Pepper Fish

Fish is an excellent source of lean protein and omega-3 fatty acids, which are great for heart and brain health. Lemon and Pepper make this dish a simple yet flavorful dish.



SATURDAY
NOVEMBER 7TH

Lemon Yogurt Cake

Lemons have been cultivated for over 2,000 years and are known for their bright flavor and high Vitamin C content. This cake is a light and refreshing way to end a meal.



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