WEEKLY MENU

Lunch

NOVEMBER 22ND – NOVEMBER 28TH

SUNDAY **NOVEMBER 22ND**	**Appetizer:** Pimento Cheese and Crackers **Main Courses:** Spinach Lasagna Roll Up with a Side Salad Quiche Lorraine with a Side Salad **Dessert:** Buttermilk and Blueberry Cake
MONDAY **NOVEMBER 23RD**	**Appetizer:** Bacon Wrapped Green Bean Bundle **Main Courses:** Shrimp Scampi over Rice with Steamed Broccoli Grilled Flatbread with Broccoli and Swiss Cheese **Dessert:** Key Lime Pie Bars
TUESDAY **NOVEMBER 24TH**	**Appetizer:** Heirloom Tomato Tart with whipped Ricotta **Main Courses:** Baked Tilapia with Seasoned Dijon Breadcrumbs Caesar Salad with Chicken **Dessert:** Strawberry Shortcake
WEDNESDAY **NOVEMBER 25TH**	**Appetizer:** Boneless Chicken Wing with Bleu Cheese Dip **Main Courses:** Kielbasa and Sauerkraut with Rye Bread Crab Salad Roll with Pickled Beets **Dessert:** S'mores Sundae
THURSDAY **NOVEMBER 26TH**	**Appetizer:** Deviled Eggs Topped with Capers Tossed Salad with Choice of Dressing **Main Courses:** Sage Rubbed Turkey with Shallot Pan Gravy, Clove Studded Baked Ham with Pineapple Sauce, Butter Whipped Potatoes, Sausage and Thyme Stuffing, Roasted Butternut Squash, and Cranberry Sauce Spkied with Port Wine **Dessert:** Apple Pie Ala Mode and Pumpkin Pie With Ginger Streusel
FRIDAY **NOVEMBER 27TH**	**Appetizer:** BBQ Rib **Main Courses:** Lemon Chicken with Rice Pilaf Greek Salad with Shrimp **Dessert:** English Trifle
SATURDAY **NOVEMBER 28TH**	**Appetizer:** Bruschetta **Main Courses:** Hot Dog on a Bun with Baked Beans and Carrot Slaw Philly Cheesesteak with Chips and a Pickle **Dessert:** Olive Oil Cake and Homemade Marmalade Sauce

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A TASTE OF HISTORY

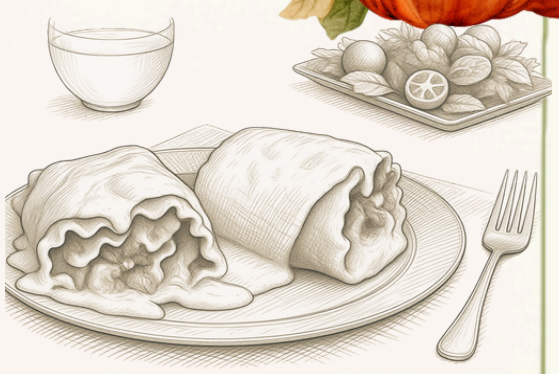
Fun Food Facts from the Past

NOVEMBER 22ND – NOVEMBER 28TH

SUNDAY
NOVEMBER 22ND

Lasagna Roll Up

Lasagna dates back to ancient Rome, Where a similar layered dish was made with thin sheets of dough and meat. It has been a beloved comfort food for centuries.



MONDAY
NOVEMBER 23RD

Shrimp Scampi

Scampi is an Italian term that originally referred to a type of small lobster. The garlicky, buttery sauce we enjoy today became popular in America in the mid-20th century.



TUESDAY
NOVEMBER 24TH

Baked Tilapia

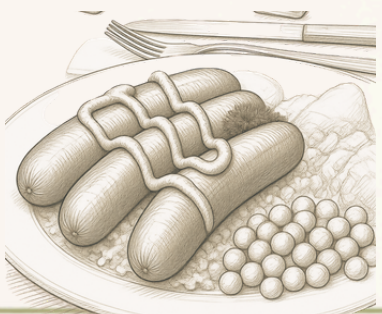
Tilapia has been farmed for thousands of years, dating back to ancient Egypt, where it was a popular and valuable food source along the Nile River.



WEDNESDAY
NOVEMBER 25TH

Kielbasa and Sauerkraut

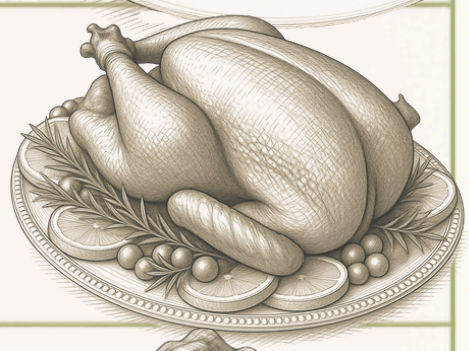
Kielbasa, a traditional Polish sausage, has been enjoyed for centuries. It became especially popular in America in the late 1800s when many Polish immigrants settled here.



THURSDAY
NOVEMBER 26TH

Sage Rubbed Turkey

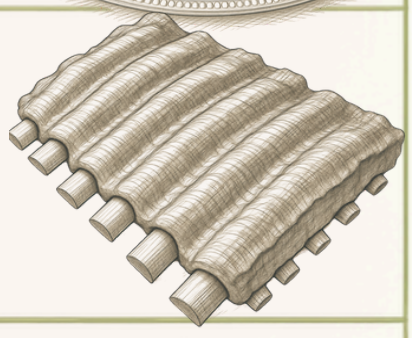
Sage has been used in cooking for over 2,000 years. The ancient Romans believed it brought good health and long life - making it a fitting flavor for a Thanksgiving favortie.



FRIDAY
NOVEMBER 27TH

BBQ Rib

Barbecue has roots in Native American cooking, where meat was slow-cooked over an open fire. The sweet, smoky BBQ sauces we love today began to develop in the 18th century.



SATURDAY
NOVEMBER 28TH

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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