WEEKLY MENU

Lunch

NOVEMBER 8TH – NOVEMBER 14TH

SUNDAY **NOVEMBER 8TH**	**Appetizer:** Spinach Pie **Main Courses:** Eggplant Parmesan with Roasted Broccoli, Penne, and a Baguette Caesar Salad with Chicken **Dessert:** Raspberry Sorbet
MONDAY **NOVEMBER 9TH**	**Appetizer:** Crackers and Cheese **Main Courses:** Glazed Ham Dinner with Sweet Potato Wedges and Roasted Cauliflower Split Pea Soup **Dessert:** Brownie with Chocolate Sauce
TUESDAY **NOVEMBER 10TH**	**Appetizer:** Antipasto **Main Courses:** Turkey Meatloaf with Buttered Noodles and Mixed Vegetables Garden Salad with Shrimp and Pickled Onions **Dessert:** Pear Crostata Ala Mode
WEDNESDAY **NOVEMBER 11TH**	**Appetizer:** Smoky Bites **Main Courses:** Chicken Shawarma with Naan Bread and Lentil Pilaf Greek Salad **Dessert:** Chocolate Crumble with White Chocolate Drizzle
THURSDAY **NOVEMBER 12TH**	**Appetizer:** Crabcake with Mustard Sauce **Main Courses:** Breaded Pork Cutlet with Baked Apples and Mashed Potatoes Cobb Salad **Dessert:** Lemon Bar
FRIDAY **NOVEMBER 13TH**	**Appetizer:** Apple and Cheddar Bite **Main Courses:** Kansas Style Chicken Burger with Lettuce and Tomato Tuna Salad Plate **Dessert:** Frangipane Pecan Tart with Whipped Cream
SATURDAY **NOVEMBER 14TH**	**Appetizer:** Pepperoni Pizza Bites **Main Courses:** Salmon Salad with Potatoes and Dill Minted Peas Chicken and Orzo Soup with a Baguette **Dessert:** Chocolate Mousse with Coconut Topping

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A TASTE OF HISTORY

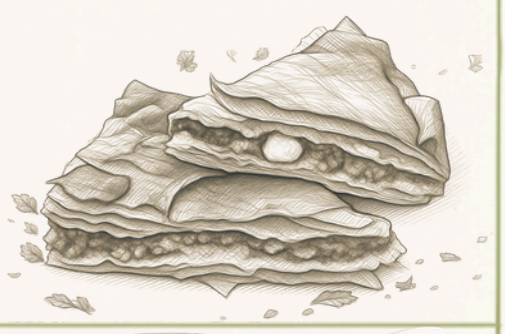
Fun Food Facts from the Past

NOVEMBER 8TH – NOVEMBER 14TH

SUNDAY
NOVEMBER 8TH

Spinach Pie

Spinach pie is a Mediterranean classic with roots in ancient Greece, Spinach pie (Spanakopita) has been enjoyed for centuries. The flaky layers and savory filling make it a timeless comfort food around the world.



MONDAY
NOVEMBER 9TH

Split Pea Soup

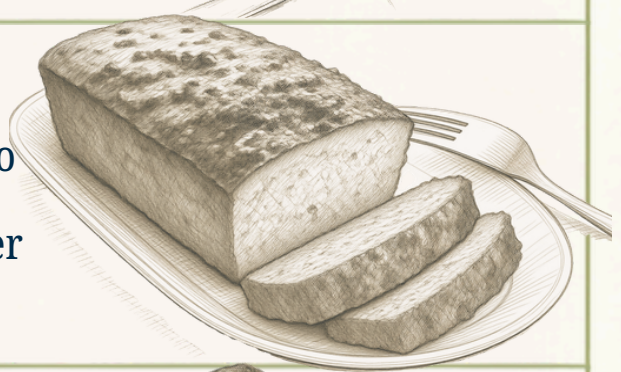
Split pea soup is a hearty, old-fashioned favorite, and dates back to ancient times. Peas have been a staple food for thousands of years, valued for their rich flavor, nutrition, and long storage life.



TUESDAY
NOVEMBER 10TH

Turkey Meatloaf

Meatloaf became popular in the Great Depression as a tasty and economical way to stretch ingredients. Today, turkey meatloaf offers the same classic comfort with a lighter twist.



WEDNESDAY
NOVEMBER 11TH

Chicken Shawarma

Shawarma originated in the Middle East in the 1800s, traditionally cooked on a rotating spit. The word “shawarma” comes from the Turkish word for “turning”, a nod to its unique cooking style.



THURSDAY
NOVEMBER 12TH

Breaded Pork Cutlet

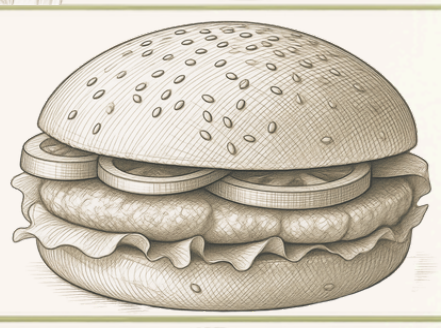
Breaded Cutlets, or “schnitzel,” have European roots, especially in Austria and Germany. The Idea of Coating meat in breadcrumbs and frying it quickly spread around the world, with many variations.



FRIDAY
NOVEMBER 13TH

Kansas Style Chicken Burger

Kansas is famous for its Barbecue traditions, and many local chicken burgers are inspired by that bold, smoky flavor. Topped with fresh lettuce and tomato, it’s a hearty and flavorful twist on a classic burger.



SATURDAY
NOVEMBER 14TH

Salmon Salad

Canned Salmon became a household staple in the early 1900s, making it a convenient and nutritious choice for meals. It’s still a favorite today for its rich flavor, versatility, and heart healthy benefits.



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