



# \* MENU \*



SUNDAY 11/13 <i>CONTINENTAL BREAKFAST</i>	MONDAY 11/14 <i>BREAKFAST 6:45-7:45</i>	TUESDAY 11/15 <i>BREAKFAST 6:45-7:45</i>	WEDNESDAY 11/16 <i>BREAKFAST 6:45-8:15</i>	THURSDAY 11/17 <i>BREAKFAST 6:45-7:45</i>	FRIDAY 11/18 <i>BREAKFAST 6:45-7:45</i>	SATURDAY 11/19 <i>BREAKFAST 6:45-8:15</i>
<p><i>7:00 - 9:00</i></p> <p>Chilled Juices - Fresh Fruit Assorted Hot/Cold Cereal Bagels/English at the toaster Assorted Breakfast Pastries</p> <p><b>BRUNCH 9:00</b> Omelets/Fried Eggs to order Eggs Benedict to order <b>Make your own Belgian Waffles</b> <i>Assorted Toppings</i> French Toast to order Whole Wheat Pancakes - <i>Warm Syrup</i> Grilled Bacon Grilled Sausage Breakfast Potatoes</p> <p><b>CONTINUED 11:00</b> Soup du Jour Fresh Fruit Bar Tossed Salad - <i>Dressings</i> Chef's Choice Entree ♥<b>Vegetarian Casserole</b> Assorted Breads, Rolls &amp; Bagels Jello - Pudding - Dessert Fruits Novelties - Ice Cream Cones Coffee Cake</p> <p>***<i>All menus subject to change</i>*** <i>Underlined items indicate "vegetarian"</i> <i>♥ items indicate "Heart Healthy"</i> <i>(v) items indicate "Vegan"</i></p> <p><b>DINNER 5:30-7:00</b></p> <p>Soup du jour      Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> Steamed Rice      Brown Rice <b>MYO Stir-Fry</b> ♥Chef's Choice Entree Honey BBQ Wings ♥<b>Teriyaki Tempah</b> (v) Risssole Potatoes Fresh Vegetable Medley Assorted Breads, Rolls &amp; Bagels Jello - Pudding - Dessert Fruits Novelties - Ice Cream Cones Chocolate Cake - <i>Vanilla Icing</i></p>	<p>Chilled Juices Fresh Fruit <b>Smoothie Bar</b> Assorted Hot/Cold Cereal Fruit and Yogurt Bar Bagels/English at the toaster Omelets/Fried Eggs to order Scrambled Eggs to order Croissant Breakfast Breakfast Potatoes French Toast - <i>Warm Syrup</i> Assorted Muffins</p> <p><b>LUNCH 11:00-1:00</b></p> <p><b>Salad Bar   Hot Dog Bar   Deli Bar</b> Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> <u>Veggie White Bean &amp; Garlic Soup</u> Chicken Noodle Soup Spaghetti Carbonara Hot Pastrami Sandwich <i>with Melted Cheese on an Onion Roll</i> <u>Black Beans a la Olla</u> (v) Brown Rice Pilaf Roasted Plum Tomatoes &amp; Basil Fresh Fruit Salad Assorted Breads, Rolls &amp; Bagels Jello - Pudding - Dessert Fruits Novelties - Ice Cream Cones Pumpkin Whoopie Pies</p> <p><b>DINNER 5:30-7:00</b></p> <p>Soup du jour      Salad Bar Assorted Hot/Cold Cereal Steamed Rice      Brown Rice <u>Assorted Pasta &amp; Sauces</u> <b>MYO Stir-Fry</b> ♥Chef's Choice Entree <b>HAMBURGER BAR</b> <u>Tortellini with Spicy Tomato</u> ♥<b>Chick Pea Burgers</b> (v) Sweet Potato Fries Whole Green Beans <b>Fresh Baked Bread Bar</b> Jello - Pudding - Dessert Fruits Novelties - Ice Cream Cones Hermits</p>	<p>Chilled Juices Fresh Fruit Assorted Hot/Cold Cereal Fruit and Yogurt Bar Bagels/English at the toaster Hard Cooked Eggs Omelets/Fried Eggs to order Scrambled Eggs to order Bagel Breakfast Chocolate Chip Pancakes - <i>Warm Syrup</i> Grilled Bacon Grilled Sausage Breakfast Potatoes Assorted Muffins</p> <p><b>LUNCH 11:00-1:00</b></p> <p><b>Salad Bar   Hot Dog Bar   Deli Bar</b> Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> Turkey Noodle Soup <u>Mulligatawny Soup</u> ♥Grilled Filet of Tuna <i>with Soy &amp; Ginger</i> Chicken Quesadillas ♥<u>Corn and Tomato Quesadilla</u> <i>with Refried Beans</i> Mexican Rice Fresh Sauteed Greens <i>with Garlic &amp; Oil</i> Assorted Breads, Rolls &amp; Bagels Jello - Pudding - Dessert Fruits Novelties - Ice Cream Cones Blueberry Squares</p> <p><b>SEATED MEAL 6:00</b></p> <p><b>MENU</b> Cheese and Cracker/Soup Station House Salad - <i>Assorted Dressings</i> ♥London Broil <i>Bordelaise Sauce</i> Marinated Tofu Roasted Baby Red Potatoes Oven Roasted Fresh Fall Vegetables Whole Wheat Bread - <i>Butter, Smart Balance</i> Ice Water - Milk Carrot Cake - <i>Cream Cheese Icing</i> Fresh Fruit Bowl</p>	<p>Chilled Juices Fresh Fruit <b>Smoothie Bar</b> Assorted Hot/Cold Cereal Fruit and Yogurt Bar Bagels/English at the toaster Fruit and Yogurt Bar Omelets/Fried Eggs to order <b>Make your own Belgian Waffles</b> <i>Assorted Toppings</i> Scrambled Eggs to order Croissant Breakfast Breakfast Potatoes Blueberry Pancakes - <i>Warm Syrup</i> Breakfast Breads</p> <p><b>LUNCH 11:00-1:00</b></p> <p><b>Salad Bar   Hot Dog Bar   Deli Bar</b> Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> <b>Hot Buttered Popcorn</b> <u>Black Bean Soup</u>      Shrimp Gumbo Beef Stew - <i>with Buttermilk Biscuits</i> Black Russian Sandwich - <i>Roast Beef, Turkey, Swiss Cheese, Thousand Island Dressing on Pumpernickel Bread</i> ♥<b>Quinoa Stew</b> (v) Potato Chips - Pickles Summer Squash <i>with Basil</i> Assorted Breads, Rolls &amp; Bagels Novelties - Ice Cream Cones M&amp;M Cookies</p> <p><b>JAPANESE SOCIETY DINNER</b> <i>5:30-7:00</i></p> <p>Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> Steamed Rice      Brown Rice <b>MYO Stir-Fry</b> Miso Soup <i>with Pork and Vegetables</i> Vegetarian Miso Soup Braised Beef and Vegetables Ginger Pork Sauté <b>SUSHI STATION</b> <u>Vegetable and Tofu Stir-Fry</u> (v) Japanese Zucchini and Onions Green Tea Ice Cream</p>	<p>Chilled Juices Fresh Fruit Assorted Hot/Cold Cereal Fruit and Yogurt Bar Bagels/English at the toaster Hard Cooked Eggs Omelets/Fried Eggs to order Scrambled Eggs to order Bagel Breakfast Grilled Bacon Grilled Sausage Breakfast Potatoes French Toast - <i>Warm Syrup</i> Assorted Muffins</p> <p><b>LUNCH 11:00-1:00</b></p> <p><b>Salad Bar   Deli Bar   Hot Dog Bar</b> Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> <u>Corn Chowder</u> Beef with Barley Soup Grilled Rubeen Sandwich Marinated Chicken Tenders - <i>Sauces</i> ♥<b>Broccoli and Cheese Frittata</b> French Baked Potatoes Sauteed Zucchini &amp; Onions Assorted Breads, Rolls &amp; Bagels Jello - Pudding - Dessert Fruits Novelties - Ice Cream Cones Allergen Free Dessert - <i>Tofu Cookies</i></p> <p><b>THANKSGIVING BUFFET</b> <i>5:30-7:00</i></p> <p>ROAST TURKEY - BAKED HAM <i>BREAD STUFFING - CRANBERRY SAUCE</i> VEGAN TORTELLINI <i>MARINARA SAUCE</i> CAESAR SALAD FRESH WHIPPED POTATOES - YAMS ROASTED FALL VEGETABLES WINTER SQUASH RELISH TRAY - BAKED APPLES FRESH BAKED BREADS &amp; ROLLS PUMPKIN PIE - APPLE PIE ICE CREAM SUNDAE BAR ICE WATER - HOT CIDER</p>	<p>Chilled Juices - Fresh Fruit <b>Smoothie Bar</b> Assorted Hot/Cold Cereal Fruit and Yogurt Bar Bagels/English at the toaster Hard Cooked Eggs Omelets/Fried Eggs to order Scrambled Eggs to order Croissant Breakfast Breakfast Potatoes Whole Wheat Pancakes - <i>Warm Syrup</i> Assorted Muffins</p> <p><b>LUNCH 11:00-1:00</b></p> <p><b>Salad Bar   Deli Bar   Hot Dog Bar</b> Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> <u>Seafood Chowder</u> Lentil Soup Hot Turkey Sandwich - <i>Gravy</i> Fish &amp; Chips ♥<b>Chick Pea Curry</b> Rice Pilaf Steamed Spinach Fresh Fruit Salad Assorted Breads, Rolls &amp; Bagels Novelties - Ice Cream Cones Cupcake Bar</p> <p><b>DINNER 5:30-7:00</b></p> <p>Soup du jour      Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> Steamed Rice      Brown Rice <b>MYO Stir-Fry</b> Chef's Choice Entree Baked Spiced Chicken Eights ♥<b>Lentil Pizza</b> Seven Grain Rice Pilaf Broccoli <i>with Lemon &amp; Olive Oil</i> <b>Fresh Baked Bread Bar</b> Jello - Pudding - Dessert Fruits Novelties - Ice Cream Cones Dessert du jour</p>	<p>Chilled Juices - Fresh Fruit <b>Smoothie Bar</b> Assorted Hot/Cold Cereal Fruit and Yogurt Bar Bagels/English at the toaster Omelets/Fried Eggs to order <b>Make your own Belgian Waffles</b> <i>Assorted Toppings</i> Scrambled Eggs to order Bagel Breakfast Grilled Bacon Grilled Sausage Breakfast Potatoes French Toast - <i>Warm Syrup</i> Assorted Breakfast Pastries</p> <p><b>LUNCH 11:00-1:00</b></p> <p><b>Salad Bar   Hot Dog Bar   Deli Bar</b> Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> Soup du jour Ham Pocket <i>with Muenster and Dijon</i> Chicken Stir Fry ♥<b>Asian Noodles</b> Baked Potato - <i>Butter, Sour Cream</i> Fried Rice Fresh Vegetable Mix Assorted Breads, Rolls &amp; Bagels Jello - Pudding - Dessert Fruits Novelties - Ice Cream Cones Almost Candy Bars</p> <p><b>SUPPER</b> <i>5:30 - 7:00</i></p>

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rhyme “Mary Had a Little Lamb”—launched a campaign to establish Thanksgiving as a national holiday. For 36 years, she published numerous editorials and sent scores of letters to governors, senators, presidents and other politicians. Abraham Lincoln finally heeded her request in 1863, at the height of the Civil War, in a proclamation entreating all Americans to ask God to “commend to his tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife” and to “heal the wounds of the nation.” He scheduled Thanksgiving for the final Thursday in November, and it was celebrated on that day every year until 1939, when Franklin D. Roosevelt moved the holiday up a week in an attempt to spur retail sales during the Great Depression. Roosevelt’s plan, known derisively as Franks-giving, was met with passionate opposition, and in 1941 the president reluctantly signed a bill making Thanksgiving the fourth Thursday in November.

### **Thanksgiving Traditions**

In many American households, the Thanksgiving celebration has lost much of its original religious significance; instead, it now centers on cooking and sharing a bountiful meal with family and friends. Turkey, a Thanksgiving staple so ubiquitous it has become all but synonymous with the holiday, may or may not have been an offer when the Pilgrims hosted the inaugural feast in 1621. Today, however, nearly 90 percent of Americans eat the bird—whether roasted, baked or deep-fried—on Thanksgiving, according to the National Turkey Federation. Other traditional foods include stuffing, mashed potatoes, cranberry sauce and pumpkin pie. Volunteering is a common Thanksgiving Day activity, and communities often hold food drives and host free dinners for the less fortunate.

Parades have also become an integral part of the holiday in cities and towns across the United States. Presented by Macy’s department store since 1924, New York City’s Thanksgiving Day parade is the largest and most famous, attracting some 2 to 3 million spectators along its 2.5-mile route and drawing an enormous television audience. It typically features marching bands, performers, elaborate floats conveying various celebrities and giant balloons shaped like cartoon characters.

Beginning in the mid-20th century and perhaps even earlier, the president of the United States has “pardoned” one or two Thanksgiving turkeys each year, sparing the birds from slaughter and sending them to a farm for retirement. A number of U.S. governors also perform the annual turkey pardoning ritual.

### **Thanksgiving Controversies**

For some scholars, the jury is still out on whether the feast at Plymouth really constituted the first Thanksgiving in the United States. Indeed, historians have recorded other ceremo-

nies of thanks among European settlers in North America that predate the Pilgrims’ celebration. In 1565, for instance, the Spanish explorer Pedro Menéndez de Avilé invited members of the local Timucua tribe to a dinner in St. Augustine, Florida, after holding a mass to thank God for his crew’s safe arrival. On December 4, 1619, when 38 British settlers reached a site known as Berkeley Hundred on the banks of Virginia’s James River, they read a proclamation designating the date as “a day of thanksgiving to Almighty God.”

Some Native Americans and others take issue with how the Thanksgiving story is presented to the American public, and especially to schoolchildren. In their view, the traditional narrative paints a deceptively sunny portrait of relations between the Pilgrims and the Wampanoag people, masking the long and bloody history of conflict between Native Americans and European settlers that resulted in the deaths of millions. Since 1970, protesters have gathered on the day designated as Thanksgiving at the top of Cole’s Hill, which overlooks Plymouth Rock, to commemorate a “National Day of Mourning.” Similar events are held in other parts of the country.

### **Thanksgivings Ancient Origins**

Although the American concept of Thanksgiving developed in the colonies of New England, its roots can be traced back to the other side of the Atlantic. Both the Separatists who came over on the Mayflower and the Puritans who arrived soon after brought with them a tradition of providential holidays—days of fasting during difficult or pivotal moments and days of feasting and celebration to thank God in times of plenty.

As an annual celebration of the harvest and its bounty, moreover, Thanksgiving falls under a category of festivals that spans cultures, continents and millennia. In ancient times, the Egyptians, Greeks and Romans feasted and paid tribute to their gods after the fall harvest. Thanksgiving also bears a resemblance to the ancient Jewish harvest festival of Sukkot. Finally, historians have noted that Native Americans had a rich tradition of commemorating the fall harvest with feasting and merrymaking long before Europeans set foot on their shores.

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"Strive mightily but eat and drink as friends"

# Bon Appétit

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## History of Thanksgiving

### **Thanksgiving at Plymouth**

In September 1620, a small ship called the Mayflower left Plymouth, England, carrying 102 passengers—an assortment of religious separatists seeking a new home where they could freely practice their faith and other individuals lured by the promise of prosperity and land ownership in the New World. After a treacherous and uncomfortable crossing that lasted 66 days, they dropped anchor near the tip of Cape Cod, far north of their intended destination at the mouth of the Hudson River. One month later, the Mayflower crossed Massachusetts Bay, where the Pilgrims, as they are now commonly known, began the work of establishing a village at Plymouth.

Throughout that first brutal winter, most of the colonists remained on board the ship, where they suffered from exposure, scurvy and outbreaks of contagious disease. Only half of the Mayflower’s original passengers and crew lived to see their first New England spring. In March, the remaining settlers moved ashore, where they received an astonishing visit from an Abenaki Indian who greeted them in English. Several days later, he returned with another Native American, Squanto, a member of the Pawtuxet tribe who had been kidnapped by an English sea captain and sold into slavery before escaping to London and returning to his homeland on an exploratory expedition. Squanto taught the Pilgrims, weakened by malnutrition and illness, how to cultivate corn, extract sap from maple trees, catch fish in the rivers and avoid poisonous plants. He also helped the settlers forge an alliance with the Wampanoag, a local tribe, which would endure for more than 50 years and tragically remains one of the sole examples of harmony between European colonists and Native Americans.

In November 1621, after the Pilgrims’ first corn harvest proved successful, Governor William Bradford organized a celebratory feast and invited a group of the fledgling colony’s Native American allies, including the Wampanoag chief Massasoit. Now remembered as American’s “first Thanksgiving”—although the Pilgrims themselves may not

have used the term at the time—the festival lasted for three days. While no record exists of the historic banquet’s exact menu, the Pilgrim chronicler Edward Winslow wrote in his journal that Governor Bradford sent four men on a “fowling” mission in preparation for the event, and that the Wampanoag guests arrived bearing five deer. Historians have suggested that many of the dishes were likely prepared using traditional Native American spices and cooking methods. Because the Pilgrims had no oven and the Mayflower’s sugar supply had dwindled by the fall of 1621, the meal did not feature pies, cakes or other desserts, which have become a hallmark of contemporary celebrations.

### **Thanksgiving Becomes an Official Holiday**

Pilgrims held their second Thanksgiving celebration in 1623 to mark the end of a long drought that had threatened the year’s harvest and prompted Governor Bradford to call for a religious fast. Days of fasting and thanksgiving on an annual or occasional basis became common practice in other New England settlements as well. During the American Revolution, the Continental Congress designated one or more days of thanksgiving a year, and in 1789 George Washington issued the first Thanksgiving proclamation by the national government of the United States; in it, he called upon Americans to express their gratitude for the happy conclusion to the country’s war of independence and the successful ratification of the U.S. Constitution. His successors John Adams and James Madison also designated days of thanks during their presidencies.

In 1817, New York became the first of several states to officially adopt an annual Thanksgiving holiday; each celebrated it on a different day, however, and the American South remained largely unfamiliar with the tradition. In 1827, the noted magazine editor and prolific writer Sarah Josepha Hale—author, among countless other things, of the nursery

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