



* MENU *



SUNDAY
11/11

CONTINENTAL BREAKFAST

7 - 9 a.m.

Chilled Juices
Fresh Fruit and Yogurt Bar
Smoothie of the Day
Assorted Hot/Cold Cereal
Bagels/English/Artisan Breads
at the toaster
Assorted Breakfast Pastries

BRUNCH 9 a.m.

Omelets/Eggs to order
Eggs Benedict to order
Make your own Belgian Waffles
Assorted Toppings
French Toast
Pancakes - Warm Syrup
Grilled Bacon
Grilled Sausage
Breakfast Potatoes

CONTINUED 11 a.m.

Soup du Jour
Fresh Fruit Bar
Servery Salad Bar
Chef's Choice Entree
Vegetarian Casserole
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream

All menus subject to change

Underlined items indicate "Vegetarian"
"(v)" items indicate "Vegan"

DINNER 5:30 - 7 p.m.

Soup du jour
Salad Bar
Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
MYO Stir-Fry
Asian and Brown Rice
Chef's Choice Entree
Italian Meatballs - *Marinara Sauce*
Teriyaki Tofu (v)
Penne Pasta
Fresh Vegetable Medley
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Gifford's Ice Cream Bar

MONDAY
11/12

BREAKFAST 6:45-8:15 a.m.

Chilled Juices
Smoothie Bar
Assorted Hot/Cold Cereal
Fresh Fruit and Yogurt Bar
Bagels/English/Artisan Breads
at the toaster
Hard Cooked Eggs
Omelets to order
Scrambled Eggs
Bagel Breakfast
Breakfast Potatoes
French Toast - *Warm Syrup*

LUNCH 11 - 1 p.m.

Salad Bar
Deli Bar
Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
Tomato Soup
Shrimp Gumbo
TURKEY BLT WRAP BAR
Canadian Pork Pie
Quinoa Stew (v)
Potato Chips - Pickles
Summer Squash *with Basil*
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Gifford's Ice Cream Bar

DINNER 5:30 - 7 p.m.

Soup du jour
Salad Bar
Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
MYO Stir-Fry
BIBIMBAP BAR
Bulgogi Beef
BBQ Chicken
BBQ Tofu with Fried Egg (v)
Steamed White/Brown Rice
Korean Marinated Vegetable Bar
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Rice Krispie Squares

TUESDAY
11/13

BREAKFAST 6:45-8:15 a.m.

Chilled Juices
Smoothie Bar
Assorted Hot/Cold Cereal
Fresh Fruit and Yogurt Bar
Bagels/English/Artisan Breads
at the toaster
Hard Cooked Eggs
Omelets to order
Scrambled Eggs
Croissant Breakfast
Chocolate Chip Pancakes - *Warm Syrup*
Grilled Bacon
Grilled Sausage
Breakfast Potatoes
Assorted Muffins

LUNCH 11 - 1 p.m.

Salad Bar
Deli Bar
Assorted Pasta & Sauces
Assorted Hot/Cold Cereal
Minestrone Soup
Split Pea and Ham Soup
Hamburgers and Cheeseburgers
Macaroni & Cheese Bar - *Assorted Toppings*
Black Bean Burgers
Tater Tots
Fresh Carrots and Broccoli
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Carrot Cake - *Cream Cheese Icing*

DINNER 5:30 - 7 p.m.

Soup du jour
Salad Bar
Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
MYO Stir-Fry
Chicken Mole Poblano
Mexican BBQ Ribs
Vegetarian Tofu Mole Poblano
Cilantro Lime Rice
Chipotle Black Beans
Corn, Peppers and Zucchini
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
M&M Cookies

INTERNATIONAL DINNER
LOWER DINING ROOM

WEDNESDAY
11/14

BREAKFAST 6:45-8:15 a.m.

Chilled Juices
Smoothie Bar
Assorted Hot/Cold Cereal
Fresh Fruit and Yogurt Bar
Bagels/English/Artisan Breads
at the toaster
Hard Cooked Eggs
Omelets to order
Scrambled Eggs
Make your own Belgian Waffles
Assorted Toppings
Breakfast Burrito Bar
Breakfast Potatoes
Blueberry Pancakes - *Warm Syrup*

LUNCH 11 - 1 p.m.

Salad Bar **Deli Bar**
Hot Buttered Popcorn
Assorted Pasta & Sauces
Assorted Hot/Cold Cereal
Veggie White Bean & Garlic Soup
Chicken Noodle Soup
American Chop Suey
Open Face Hot Corned Beef Sandwich
with Melted Swiss on a Onion Bagel
Mediterranean Lentils (v)
Brown Rice Pilaf
Roasted Plum Tomatoes & Basil
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Gifford's Ice Cream Bar

JUNK FOOD NIGHT

5:30 - 7 P.M.

THURSDAY
11/15

BREAKFAST 6:45-8:15 a.m.

Chilled Juices
Smoothie Bar
Assorted Hot/Cold Cereal
Fresh Fruit and Yogurt Bar
Bagels/English/Artisan Breads
at the toaster
Hard Cooked Eggs
Omelets to order
Scrambled Eggs
Croissant Breakfast
Grilled Bacon
Grilled Sausage
Breakfast Potatoes
French Toast - *Warm Syrup*
Assorted Muffins

LUNCH 11 - 1 p.m.

Salad Bar **Deli Bar**
Assorted Pasta & Sauces
Assorted Hot/Cold Cereal
Potato Leek Soup
Beef & Brown Rice Soup
Homemade Chicken Nuggets - *Assorted Sauces*
**Fresh, Local, Sustainable,
Seafood Catch of the Day**
Korean Tofu (v)
Hand Cut French Fries
Sauteed Zucchini & Onions
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Chocolate Cake

THANKSGIVING BUFFET
5:30 - 7 p.m.
ROAST TURKEY - BAKED HAM
BREAD STUFFING - CRANBERRY SAUCE
HOMEMADE APPLESAUCE - QUINOA STUFFING
CHEESE RAVIOLI
FRESH TOMATO CONCASSE
CAESAR SALAD
FRESH WHIPPED POTATOES
ROASTED FALL VEGETABLES
WINTER SQUASH CANDIED YAMS
RELISH TRAY
FRESH BAKED BREAD BAR
PUMPKIN PIE - APPLE PIE - PECAN PIE
ICE CREAM SUNDAE BAR
ICE WATER - HOT CIDER
EGG NOG

FRIDAY
11/16

BREAKFAST 6:45 - 8:15 a.m.

Chilled Juices
Smoothie Bar
Assorted Hot/Cold Cereal
Fresh Fruit and Yogurt Bar
Bagels/English/Artisan Breads
at the toaster
Hard Cooked Eggs
Omelets to order
Scrambled Eggs
Bagel Breakfast
Breakfast Potatoes
Strawberry Pancakes - *Warm Syrup*

LUNCH 11 - 1 p.m.

Salad Bar
Deli Bar
Assorted Pasta & Sauces
Assorted Hot/Cold Cereal
Seafood Chowder
Lentil Soup
Teriyaki Chicken Breast
Homemade Meat Lovers Pizza
Homemade Vegetable & Cheese Pizza
Seven Grain Rice Pilaf
Steamed Spinach
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Gifford's Ice Cream Bar

FOOD COMMITTEE FRIDAY

5:30 - 7 p.m.
Mateo Welch

Assorted Pasta & Sauces
Assorted Hot/Cold Cereal
MYO Stir-Fry
Lomo Saltado
Arroz con Pollo Peruano
Pastel de Quinoa
Fried Yuca
Peruvian Fava Beans & Tomato Salad
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Suspiro de Limeña

SATURDAY
11/17

BREAKFAST 6:45-8:15 a.m.

Chilled Juices
Smoothie Bar
Assorted Hot/Cold Cereal
Fresh Fruit and Yogurt Bar
Bagels/English/Artisan Breads
at the toaster
Hard Cooked Eggs
Omelets to order
Scrambled Eggs
Make your own Belgian Waffles
Assorted Toppings
Croissant Breakfast
Grilled Bacon
Grilled Sausage
Breakfast Potatoes
French Toast - *Warm Syrup*
Assorted Muffins

LUNCH 11 - 1 p.m.

Salad Bar
Deli Bar
Assorted Pasta & Sauces
Assorted Hot/Cold Cereal
Soup du jour

Chef's Choice Luncheon

Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Assorted Desserts

SUPPER

5:30 - 6:30 P.M.

Continued from the front

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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