

## NC History Week of Cuisine

### November 2<sup>nd</sup>, Sunday Night Dinner (Classic Southern NC Meal @ Comfort Zone)

Chicken Pot Pie  
Green Bean Amandine  
Macaroni and Cheese  
Squash Casserole (NC Produced)  
Buttermilk Biscuits

### November 3<sup>rd</sup>, Monday Lunch (Piedmont NC Meal @ Comfort Zone)

Lexington Style Pulled Pork BBQ  
Selection of Lexington Style vinegar-based sauces  
Local NC Apple Coleslaw (NC Produced Apples)  
Vegetarian Baked Beans (Locally Produced)  
Cream Corn  
Slider Rolls

### November 4<sup>th</sup>, Tuesday Lunch (Mountain NC Meal @ Comfort Zone)

Country Pot Roast  
Roasted Carrots, onions, and potatoes (NC Produced)  
Pinto Beans (NC Produced)  
Collard Greens (NC Produced)  
Dinner Rolls

### November 5<sup>th</sup>, Wednesday Lunch (Coastal NC Meal @ Comfort Zone)

Low Country Shrimp & Grits  
Roasted Red Potatoes (NC Produced)  
Corn Chowder  
Cheddar Biscuits

### November 6<sup>th</sup>, Thursday Lunch (Cherokee NC Meal @ Comfort Zone)

Cherokee Fry Bread with Assortment of Toppings  
Black Eye Peas  
Mustard Greens (NC Produced)

### November 7<sup>th</sup>, Friday Breakfast & Lunch (NC History @ Home Zone)

Livermush (NC Produced)  
Home Fries  
Sausage Links  
Grits  
Biscuits  
Country Gravy

### Lunch (@ Home Zone)

Sweet Potato Casserole (NC #1 Producer of Sweet Potato in US)  
Braised Cabbage (Recipe from Highland Settlers From Scotland and Germany)  
Fried Chicken (Recipe originated in the south, perfected in NC)  
Dirty Rice (Classic, easy southern recipe)