

THANKSGIVING MENU

A Look at Our Holiday Dishes and the Stories & Nutrients Behind Them



TURKEY WITH GRAVY

Key Nutrient: Vitamin B12

Benefit: Helps your body create energy

History: Turkey was common for early harvest meals because it fed many people.



GLAZED HAM WITH PINEAPPLE

Key Nutrient: Iron

Benefit: Helps carry oxygen in your blood

History: Ham became a holiday favorite when turkey was hard to find, and sweet toppings like pineapple were added later.



QUINOA & BUTTERNUT SQUASH SALAD

Key Nutrient: Vitamin A

Benefit: Supports eyesight and immune health

Thanksgiving History: Squash was shared by Native Americans at early harvest feasts.



CESEAR SALAD

Key Nutrient: Vitamin K

Benefit: Helps your blood clot & body heal

Thanksgiving History: Greens are harvested in the fall, so salads were added to use fresh vegetables at the holiday meal.



EGGPLANT PARMESAN

Key Nutrient: Calcium

Benefit: Supports strong bones and teeth

Thanksgiving History: Italian American families added dishes like this as Thanksgiving traditions expanded.



ROASTED GARLIC MASHED POTATO

Key Nutrient: Potassium

Benefit: Helps your heart and muscles work well

Thanksgiving History: Potatoes became popular because they grow well and can feed many people during harvest season.



BAKED YAMS

Key Nutrient: Manganese

Benefit: Helps the body use energy + builds bone

Thanksgiving History: Sweet orange vegetables were stored through winter and served at fall celebrations.



SAUTÉED GREEN BEANS WITH CRISPY SHALLOTS

Key Nutrient: Vitamin C

Benefit: Helps keep your immune system strong

Thanksgiving History: Green bean sides became popular in the 1900s as families added more vegetables to holiday meals.

thank you for being part of our team. we hope you to see you on 11/27
for our Thanksgiving meal & Happy Holidays!



El Camino Health