

July 28th - August 3rd



Lunch 11:30 A.M. - 1:15 P.M.



Reception 306-585-7100

Week 6	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2	Sunday 3
Soup	* Tomato	Carrot Coconut	Clam Chowder	Classic Chicken Noodle Soup	Irish Potato	* Red Lentil	Lemon Rice
Entrée 1	Deviled Egg Salad Plate with Ham & Cheese	Grilled Chicken Caesar Salad Wrap	Beef, Cheddar & Honey Mustard Sandwich	* Egg Salad on Croissant	* Turkey Almond Salad Sandwich	Iceberg Wedge Cobb Salad with Bacon, Blue Cheese, Avocado & Tomato	Fruit & Cottage Cheese Cold Plate with a Danish
Side	Morning Glory Muffin	Potato Wedges	* Kale and Apple Salad	Carrot & Celery Sticks with Dip	* Purple Apple Slaw	Dinner Roll	-
Entrée 2	Grilled Smoked Turkey & Gouda Sandwich	Waffles with Spiced Pear Sauce, Whipped Cream & Bacon	Creamy Macaroni and Cheese Garlic Bread	Margherita Pizza	Ham, Brie and Asparagus Crepe with Hollandaise Sauce	BBQ Beef on a Bun with Crispy Onions	Scrambled Eggs & Bacon
Side	Watermelon Wedges	Fresh Seasonal Fruit	-	Garden Salad	Mixed Green Salad with Mandarins & Dried	Sweet Potato Fries with Maple Aoli	* Hashbrowns & Tomato Slices
Dessert	Strawberry, Rhubarb Sundae	Orange Jello with Whipped Cream	Chocolate Banana Smoothies	Lemon Macaroon Bars	Pecan Streusel Cake	Rum & Raisin Ice Cream with a Wafer Cookie	Date Square
Dinner 4:30 P.M. - 6:15 P.M.							
Appetizer	Bruchetta with Warm Pita Bread	House Salad	* Spanakopita with Tzatziki Sauce	Spring Roll with Plum Sauce	Waldorf Salad	Spinach Salad with Boiled Egg, Bacon & Red Onion	House Salad
Entrée 1	Beef Stew with Dumplings	Miso Soy Glazed Cod Loin	Spaghetti & Meat Sauce	Baked Ham with Pineapple Glaze	* Swiss Steak with Fire Roasted Tomato Sauce	* Roast Pork Loin Red Cabbage & Apples	Coconut Crusted Shrimp with Pina Colada Dip
Side	-	Wild Rice Pilaf	Garlic Bread	Buttered Perogies with Fried Onions	Roasted Sweet Potatoes	Mashed Potatoes	Mini Roasted Red Potatoes
Entrée 2	* Chicken Breast with Peaches and Balsamic	Greek Style Dry Ribs	* Hunter's Chicken Thigh (Tomato Mushroom Onion)	Lamb Curry	Potato Crusted Cod with Tartar & Lemon Wedges	Roasted Chicken Leg with Rotisserie Sauce	French Onion Beef Brisket
Side	Roasted Potatoes	Garlic Bread & Caesar Salad	Oregano Whipped Potatoes	Veggie & Herb Couscous (pasta the size of rice)	Roasted Sweet Potatoes	Mashed Potatoes	Mini Roasted Red Potatoes
Vegetable	Dill Buttered Yellow Beans	Vegetable Medley	Roasted Zucchini	Roasted Vegetable Medley	Yellow Waxed Beans	Roasted Cauliflower	Carrot Coins
Vegetable	Sweet Corn	-	* Broccoli	-	Maple Roasted Butternut Squash	Seasoned Peas	Asparagus
Dessert	Cream Puffs with Chocolate & Caramel Drizzle	Ambrosia Dessert	Butter Tarts	Rhubarb Bread Pudding	Assorted Pies	Chocolate Cake	Passion Fruit Mousse

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Saskatoons

Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea