

September 8th - 14th



Weekly Menu Week 6
Lunch 11:30 A.M. - 1:15 P.M.



Reception 306-585-7100

Week 6	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14
Soup	* Tomato	Coconut Chicken & Chickpea	Ham and Potato	Classic Chicken Noodle Soup	Clam Chowder	* Red Lentil	Lemon Rice
Entrée 1	Iceberg Wedge Cobb Salad with Bacon, Blue Cheese, Avocado & Tomato	Chicken Caesar Wrap	Pastrami on Rye with Grainy Mustard Aioli	* Tuna Salad Sandwich	Smoked Gouda, B.L.T. on a Toasted Bagel	Beef Taco Salad Plate with Salsa & Sour Cream	Fruit & Cottage Cheese Cold Plate with a Danish
Side	Morning Glory Muffin	Potato Wedges	* Kale and Apple Salad	Waldorf Salad	Mixed Green Salad	Taco Chips	—
Entrée 2	Grilled Ham & Cheese with Pickles	* Spinach & Feta Quiche	Creamy Macaroni and Cheese Garlic Bread	Meatball Sub	Ham, Brie and Asparagus Crepe with Hollandaise Sauce	Grilled Bratwurst on a Bun with Saurkraut	Scrambled Eggs & Bacon
Side	Fresh Seasonal Fruit	Garden Salad	—	French Fries	Mixed Green Salad with Mandarins & Dried Cranberries	Sweet Potato Fries with Maple Aoli	* Hashbrowns & Tomato Slices
Dessert	Coupe Romanoff	Fresh Fruit & Yogurt Smoothies	Butterscotch Pudding with a Wafer Cookie	Lemonicious Bar	Pecan Streusel Cake	Chocolate Croissant	Maple Walnut Ice Cream

Dinner 4:30 P.M. - 6:15 P.M.

Appetizer	Devilled Eggs	House Salad	Blueberries, Blue Cheese & Bacon on Mixed Greens	Samosa Pockets with Plum Sauce	Spinach Salad with Pears, Pumpkin Seeds, Roasted Squash & Red Onion	Chow Mein Salad with Peanut Lime Dressing	House Salad
Entrée 1	Spaghetti & Meat Sauce	Miso Soy Glazed Cod Loin	Beef Pot Roast with Pan Sauce	Baked Sole with Lobster Cardinal Sauce	Roasted Pork Tenderloin with Apple Pear Chutney & Gravy	Beef Bulgogi (Sweet Korean BBQ Braised Short Ribs)	Roasted Chicken Pieces with Stuffing & Gravy
Side	Garlic Bread	Loaded Baked Potato with Bacon, Onion & Sour Cream	Mini Roasted Red Potatoes	Lemon & Oregano Potato	Roasted Sweet Potatoes	Steamed Rice	Mashed Potatoes
Entrée 2	Creamy Dijon Chicken Breast	BBq'd Pork Chops	* Hunter's Chicken Thigh (Tomato Mushroom Onion)	Lamb Curry	Turkey Schnitzel with Cranberry Gravy	Coconut Crusted Shrimp with Pina Colada Dip	Pork Goulash
Side	Roast Garlic Mashed Potatoes	Loaded Baked Potato with Bacon, Onion & Sour Cream	Mini Roasted Red Potatoes	Lemon & Oregano Potato	Roasted Sweet Potatoes	Steamed Rice	Mashed Potatoes
Vegetable	French Green Beans	Roasted Zucchini	Roasted Vegetable Medley	Sauteed Bok Choy & Mushrooms	Roasted Beets	Roasted Cauliflower	Carrot Coins
Vegetable	*Cauliflower	Maple Roasted Butternut Squash	—	Sweet Corn	Mashed Turnips	Seasoned Peas	Asparagus
Dessert	Red Velvet Cake	Assorted Pies	Vanilla Layer Cake with Marinated Berries	Bread Pudding with Caramel Sauce	Hungarian Pear-Poached Pears with Ice Cream & Praline Pecans	Orange Cake with Frosting	Strawberry Shortcake

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Pear

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