

## December 29th - January 4th

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

Week 4	Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2
Soup	* Cream of Tomato	Creamy Cauliflower with Pesto	Beef Pho Noodle Soup	French Canadian Pea	Wonton Soup
Entrée 1	* Baked Beans & Weiners	* Egg Salad Sandwich	Warm Spinach & Feta Pastry	Crispy Chicken Caesar Salad	Korean BBQ Pork Riblet with Potato Wedges
Side	Garlic Buns	Bread & Butter Pickles	Spring Greens Strawberry Goat Cheese Salad	Garlic Bread	Vinaigrette Apple Coleslaw
Entrée 2	Grilled Cheese Sandwich	Fish & Chips Coleslaw Tartar Sauce	Waffles with Syrup, Sausage & Scrambled Eggs	Salami Deli Sandwich	Roasted Pepper, Bacon & Cheese Quiche
Side	Onion Rings	—	—	Potato Salad	Garden Salad
Dessert	Maple Walnut Ice Cream	Orange Jello with Whipped Cream	Assorted Desserts	Cream Puffs with Chocolate & Caramel Drizzle	Cherry Tarts

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

Appetizer	Creamy Coleslaw	* Bruschetta Tomato Salad with Focaccia Bread	House Salad with a Cranberry Brie Pastry	* Spinach Dip with Pita	Waldorf Salad
Entrée 1	Crispy Fried Chicken with Gravy	Breaded Popcorn Shrimp with Lemon & Cocktail Sauce	Roast Striploin with Shallot & Balsamic Demi Glace	* Pan Roasted Salmon Filet with a Lemon-Dill Yogurt	Apple, Cranberry & Brie Stuffed Chicken with Mushroom Sauce
Side	Hashbrown Casserole	Potato Wedges	Mashed Potatoes	Roasted Sweet Potatoes	Rice Pilaf
Entrée 2	Beef Meatloaf with Gravy	Sweet & Sour Pork	Chicken Breast Neptune	Porkloin Stuffed with Cranberry & Gravy	* Stuffed Pepper with Bean & Whole Grain Medley
Side	Hashbrown Casserole	Steamed Rice	Mashed Potatoes	Roasted Sweet Potatoes	—

Vegetable	Creamed Corn	Peas & Carrots	Roasted Turnips	Dill Buttered Yellow Beans	Cauliflower with Cheese Sauce
Vegetable	French Green Beans	—	* Seasoned Broccoli	Harvard Beets	Buttered Corn
Dessert	Assorted Pies	* Vanilla Spongecake & Strawberry Compote	Red Velvet Cake	Banana Pudding with a Wafer Cookie	Double Chocolate Lentil Brownies

\* Menu item contains a Superfood.

Choose Superfoods more often for optimal health



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

Reception: 306-585-7100

Saturday 3	Sunday 4
Lemon Rice	Ham & Potato Chowder
Ginger Beef Salad Plate with Lettuce, Aisan Veg & Miso Dressing	* Smoked Salmon Croissant with Chive Cream Cheese
5 Spiced Wonton Crisps	Fresh Fruit Cup
Potato Pancakes with Sour Cream, Apple Sauce & Bacon	* Fried Egg Sausage and Cheddar on Homemade Biscuit
—	* Hashbrowns & Tomato Slices
Nanaimo Bar	Strawberry Colada Smoothie
* Broccoli Salad	Calalina Bowtie Pasta Salad
* Swiss Steak with Fire Roasted Tomato Sauce	Potato Crusted Cod with Tartar & Lemon Wedges
Whipped Potatoes	Lemon & Oregano Potato
English Bangers Onion Gravy	Roasted Chicken Leg with Rotisserie Sauce
Whipped Potatoes	Lemon & Oregano Potato

Braised Red Cabbage	Seasoned Peas
Leeks in Cream Sauce	Honey Dill Carrots
Lemon Meringue Pie	Strawberry Cream Cake

Living Loving Local: Beans & Lentils