

January 12th-18th



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



Reception 306-585-7100

Week 6	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
Soup	Beef & Noodle	Chicken Ginger Rice	* Minestrone	Ham and Potato	* Tomato	* Red Lentil	Clam Chowder
Entrée 1	* Chef Salad Ham Turkey Tomato Egg Cheese	Chicken Salad Sandwich on Whole Wheat	Reuben Sandwich on Rye	Turkey & Red Pesto Sandwich	* Egg Salad on Croissant	Cheese Ravioli with Tomato Sauce	Fruit & Cottage Cheese Cold Plate with a Danish
Side	Morning Glory Muffin	Coleslaw	* Sweet & Sour Bean Salad	Veggie Sticks	Carrot Pineapple Raisin Salad	Garlic Bread	-
Entrée 2	Hot Dog on a Bun with Sauerkraut	Shrimp & Crab Melt on a Bun	Bacon Macaroni & Cheese Garlic Bread	Pancakes with Peaches & Cream & Bacon	Beef & Bean Chili	Crispy Chicken Ranch Burger with Lettuce & Tomato	Leek & Bacon Quiche
Side	French Fries	Tossed Salad	-	Fresh Fruit Cup	Cornbread Muffin	French Fries & Pickles	* Hashbrowns & Tomato Slices
Dessert	Churros & Ice Cream	* Apple Strudel	Chocolate Mousse with Fresh Berries	Tripleberry Bar	Rainbow Jello	Chocolate Fudge Brownies	Maple Walnut Ice Cream

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

Appetizer	Garden Salad	* Guacamole with Taco Chips	* Spinach Mandarin Orange & Almond Salad	Greens with Carrot, Tomato, Cranberries & Honey Vinaigrette	* Spanakopita with Tzatziki Sauce	* Broccoli Salad	Creamy Cucumber Salad
Entrée 1	Beef & Root Vegetable Stew	Basa Roasted Red Pepper & Corn Salsa	Beef Meatloaf with Gravy	Baked Ham with Pineapple Glaze	Sweet & Sour Chicken Balls	Liver & Onions with Bacon & Gravy	Turkey Pot Pie with Gravy
Side	Buttermilk Biscuits	Loaded Baked Potato with Bacon, Onion & Sour Cream	Mini Roasted Red Potatoes	Scalloped Potatoes	Steamed Rice	Mashed Potatoes	-
Entrée 2	Creamy Dijon Chicken Breast	Pork Cutlets with Spiced Apple Sauce & Gravy	Greek Lemon Chicken Thighs	Cabbage Rolls in Tomato Sauce	Shrimp & Vegetable Stir Fry	Filet of Cod Chive Cream Sauce	Roast Pork with Gravy
Side	Mashed Potatoes	Loaded Baked Potato with Bacon, Onion & Sour Cream	Mini Roasted Red Potatoes	-	Steamed Rice	Mashed Potatoes	Roasted Potatoes
Vegetable	Key West Vegetables	Braised Red Cabbage	* Broccoli	Maple Roasted Butternut Squash	Brussels Sprouts	Roasted Cauliflower	Carrot Coins
Vegetable	-	Green & Gold Beans	Buttered Corn	Peas & Carrots	Mashed Turnips	Seasoned Peas	Asparagus
Dessert	Assorted Desserts	Peanut Butter Confetti Bars	Assorted Pies	Rice Pudding	Strawberry, Rhubarb Sundae	Sticky Toffee Pudding Cake	Apple Crumble

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Beans & Lentils

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