

January 19th-25th



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



Reception: 306-585-7100

Week 1	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
Soup	Cream of Turkey Soup	* Tomato Dill	Seafood Chowder	Butternut Squash, Bacon & Sage	Borscht with Sour Cream	Italian Sausage, Gnocchi	Baked Potato
Entrée 1	Chicken & Feta Salad Sandwich	Lemon & Herb Shrimp on Greek Salad	* Salmon Salad Sandwich	* Sante Fe Chicken Salad Bowl Bean Corn Avocado Tomato	Black Forest Ham & Swiss Cheese Sandwich on Whole Wheat	Roast Beef Sandwich with Horseradish Aioli	Granola & Yogurt Parfait with Fruit Salad
Side	Fresh Seasonal Fruit	Pita	Pickles & Potato Chips	Taco Chips	Fresh Seasonal Fruit	Bread & Butter Pickles	Morning Glory Muffin
Entrée 2	Sausage & Cheddar Roll	BBQ Beef on a Bun with Crispy Onions	Stir Fried Rice Noodles with Veggies	Deluxe Bacon Cheese Burger with Lettuce, Tomato & Fried Onions	Crispy Cod Nuggets with Tartar Sauce & Lemon Wedges	Pepperoni Pizza	* Fried Egg Ham Cheese Sandwich
Side	Garden Salad	Sweet Potato Fries & Honey Dill Dip	Egg Roll with Plum Sauce	French Fries	Coleslaw	House Salad	Hashbrowns & Tomato Slices
Dessert	Vanilla Pudding with a Wafer Cookie	Bismark Donut	Carrot Cake	Chocolate Banana Smoothies	Assorted Desserts	Banana Cream Pie	Chocolate Pudding with a Wafer Cookie

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

Appetizer	Creamy Cucumber Salad	Spring Greens Strawberry Goat Cheese Salad	Veggie Sticks & Dip	Carrot Pineapple Raisin Salad	Brushetta with Garlic Wedges	Fresh Hummus & Crackers	* Broccoli Salad
Entrée 1	Meatballs with Creamy Mushroom Gravy	Herb Roast Chicken Pieces with Gravy & Cranberries	Beef Lasagna	Hickory Braised Pork Shanks with Peaches	Chicken Fettucini Alfredo	* Baked Salmon Tomato Bacon Ragout	Veal Fricassee (Creamy Veal Stew with Mushrooms)
Side	Whipped Potatoes	Greek Lemon Potato	Garlic Bread	Steamed Rice	Garlic Bread	Mashed Potatoes	Buttered Egg Noodles
Entrée 2	Roasted Pickerel Fillet with Dill Pickled Carrot Salad	Slow Roast Pork Loin with Creamy Mustard & Tarragon Sauce	Turkey Schnitzel with Cranberry Gravy	Potato Crusted Cod with Tartar & Lemon Wedges	Slow Roast Flank Steak with a Shallot & Balsamic Demi	Braised Bratwurst with Sauerkraut	Chicken Breast À L' Orange
Side	Whipped Potatoes	Greek Lemon Potato	Loaded Baked Potato with Bacon, Onion & Sour Cream	Steamed Rice	Roasted Sweet Potatoes	Mashed Potatoes	Mini Roasted Red Potatoes
Vegetable	Carrot Coins	Roasted Vegetable Medley	Basil Roasted Zucchini & Tomatoes	* Seasoned Beets	* Green Beans Almondine	Honey Dill Carrots	Sauteed Green Cabbage & Mushrooms
Vegetable	Creamed Corn	-	Caesar Salad	Seasoned Peas	* Broccoli	Buttered Corn	Buttered Parsnips
Dessert	Assorted Ice Creams	Cheesecake Cherry Compote	Magic Bars	Bread Pudding with Caramel Sauce	Strawberry Cream Tarts	Chocolate Cake	Oreo Pudding

* 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