

February 23rd - March 1st



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



Reception 306-585-7100

Week 6	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 1
Soup	Egg Drop	Clam Chowder	Cock a Leekie	Ham and Potato	Hamburger	* Cream of Tomato	Chicken Gumbo
Entrée 1	Corned Beef on Rye with Dijionaise & Sliced Pickle	Chicken Salad Sandwich on Whole Wheat	* Egg Salad on Croissant	Turkey & Red Pesto Sandwich	* Chicken Bacon Avocado Tomato Salad	Grilled Ham Brie & Maple Mayonnaise Sandwich	Granola & Yogurt Parfait with Fruit Salad
Side	Potato Salad	Coleslaw	Fresh Seasonal Fruit	Veggie Sticks	Morning Glory Muffin	Vinaigrette Apple Coleslaw	-
Entrée 2	Crispy Cod Nuggets with Tartar Sauce & Lemon Wedges	Tomato, Spinach & Pesto Cream Gnocchi	French Toast with Syrup, Bacon & Orange Wedges	Beef & Bean Chili	Reuben Sandwich on Rye	* Pasta Salad with Italian Sausage Tomato & Arugula	* Poached Eggs on Corned Beef Hash
Side	French Fries	Garlic Buns	-	Cornbread Muffin	Onion Rings	Garlic Bread	* 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	* Bruschetta Tomato Salad with Focaccia Bread	Salad with Plantaine Chips, Pickled Melon and Tangy Tomato Dressing	* Broccoli Salad	Creamy Cucumber Salad
Entrée 1	Pork Cutlets with Spiced Apple Sauce & Gravy	Coconut Crusted Shrimp with Pina Colada Dip	Shepherds Pie with Gravy	Greek Style Pork Shanks	Jerk Chicken Pieces with Mango Sauce	Liver & Onions with Bacon & Gravy	Brown Sugar Glazed Ham with Orange Sauce
Side	Steamed Rice	Loaded Baked Potato with Bacon, Onion & Sour Cream	-	Lemon & Oregano Potato	Red Beans & Rice	Mashed Potatoes	Scalloped Potatoes
Entrée 2	Sweet & Sour Chicken Balls	French Onion Beef Brisket	Roasted Garlic & Herb Chicken Thighs	Veal Cutlet Parmesan with Tomato Basil Sauce & Cheese	* Ginger Glazed Salmon Filet with Roasted Pineapple Salsa	Honey, Apple & Bacon Glazed Chicken Breast	Potato & Chive Crusted Cod Remoulade Sauce
Side	Steamed Rice	Loaded Baked Potato with Bacon, Onion & Sour Cream	Mini Roasted Red Potatoes	Lemon & Oregano Potato	Red Beans & Rice	Mashed Potatoes	Scalloped Potatoes
Vegetable	Key West Vegetables	Braised Red Cabbage	* Broccoli	Maple Roasted Butternut Squash	Brussels Sprouts	Roasted Cauliflower	Carrot Coins
Vegetable	-	* Green Beans Almondine	Buttered Corn	Peas & Carrots	Roasted Beets	Seasoned Peas	* Seasoned Broccoli
Dessert	Nanaimo Bar	Vanilla Layer Cake	Assorted Pies	Rice Pudding	Banana Cake	Date Square	Peanut Butter Confetti Bars

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Potatoes

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