

June 15th-21st



Weekly Menu Week 4  
**Lunch 11:30 A.M. - 1:15 P.M.**



Reception: 306-585-7100

Week 4	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
Soup	Sweet Potato and Ginger	Cream of Turkey	Wonton Soup	* Broccoli and Cheddar	* Red Lentil	Seafood Chowder	 <b>Father's Day BBQ Buffet</b> <b>11:45am</b> <i>Featuring:</i> -Bbq'd Burgers with all the fixings -Bbq'd Hot Dogs -Crispy Fried Chicken -French Fries -Coleslaw -Baked Beans -Fresh Fruit -Assorted Desserts -Punch 
Entrée 1	Sausage & Cheddar Roll	Roast Beef, Swiss, Lettuce & Tomato Sandwich	* Chicken, Mango, Oranges, & Pecans Salad Plate	* Smoked Salmon and Chive Cream Cheese on Croissant	* Egg Salad Sandwich	Warm Flank Steak Salad Plate with Feta Cheese, Tomato, Cucumber & Red Onion	
Side	House Salad	Fresh Seasonal Fruit	Morning Glory Muffin	* Apple Pecan Salad	Vinaigrette Apple Coleslaw	Dinner Roll	
Entrée 2	Chicken Fingers & Plum Sauce	* Shrimp Scampi Apple & Beet Salad	* BLT Sandwich	Pancakes with Blueberries, Whipped Cream & Sausage	Fish & Chips Coleslaw Tartar Sauce	Potato & Smoked Gouda Frittata with Sausage	
Side	French Fries	Garlic Bread	Homemade Potato Chips	-	French Fries	Buttered Wheat Toast	
Dessert	Date Square	Strawberry, Rhubarb Sundae	Assorted Desserts	Peach, Maple Yogurt Smoothie	* Apple Strudel	Nanaimo Bar	

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

Appetizer	Spring Roll with Plum Sauce	Salsa with Taco Chips	Veggie Sticks & Dip	Spinach Salad with Boiled Egg, Bacon & Red Onion	Pot Stickers	* Spring Greens with Strawberries and Goat Cheese	<b>***Light Supper***</b> -Cream of Tomato Soup -Grilled Ham & Cheese Sandwich with OR -Chef's Salad Cold Plate with Turkey, Bacon, Boiled Egg & Shredded Cheese with a Fresh Baked Biscuit -Tripple Berry Bars
Entrée 1	Sweet & Sour Pork	Breaded Veal Cutlets with Gravy & Apple Sauce	Shepherds Pie with Gravy	Turkey Tetrazzini with Bowtie Pasta	* Swiss Steak with Fire Roasted Tomato Sauce	Meatballs Coconut Curry Sauce	
Side	Wild Rice Pilaf	Whipped Potatoes	-	Garlic Knot	Chive Mashed Potatoes	Steamed Rice	
Entrée 2	Miso Soy Glazed Cod Loin	Roasted Lemon Chicken Thighs	Slovenian Garlic & Herbed Trout Fillet	Slow Roast Pork Butt au Jus	Shrimp Skewers with Garlic Butter, Lemon & Cocktail Sauce	Pork Tenderloin Mushroom Marsala Sauce	
Side	Wild Rice Pilaf	Whipped Potatoes	Loaded Baked Potato with Bacon, Onion & Sour Cream	Roasted Potatoes	Chive Mashed Potatoes	Steamed Rice	
Vegetable	-	Corn on the Cob with Butter	Roasted Beets	Mashed Turnips	Orange Glazed Brussel Sprouts	Vegetable Medley	
Vegetable	Peas & Carrots	Cauliflower with Cheese Sauce	* Stuffed Tomato	Braised Red Cabbage	Carrot Coins	-	
Dessert	Strawberry Shortcake	Chocolate Fudge Brownies	Cream Puffs with Raspberry Drizzle	Peanut Butter Confetti Bars	Banana Pudding with a Wafer Cookie	Red Velvet Cake	

\* Menu item contains a Superfood.

Choose Superfoods more often for optimal health

Living Loving Local - Strawberry



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