



Lunch

July 29- Aug 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Potato & Scallion Soup	French Onion Soup	*French Lentil Soup	*Tomato Basil Soup	Chicken & Ancient Grain Soup	Chicken Noodle Soup	Roasted Red Pepper Soup
Entrée 1	Turkey Quinoa Bowl	Spinach Sundried Tomato Flatbread	Asian Crispy Chicken Wrap	B.L.T Sandwich	Seafood Salad Sandwich	Grilled Beef & Onion Sandwich	Scrambled Egg & Bacon
side	Soft Bun	Vinegar Coleslaw	Caesar Salad	Onion Rings	Fresh Baked Croissant	Potato Deviled Egg Salad	Fresh Fruit Salad
Entrée 2	Roast Beef Sandwich	BBQ Pulled Pork Boa Buns	*Vegetarian Bean Chili	Nathans Famous Beef Hotdogs	BBQ Cheeseburgers	Mixed Vegetable & Cheese Frittata	Canadian Blueberry Pancakes
Side	Sweet Potato Fries	Vinegar Coleslaw	Corn Bread	Onion Rings	Mixed Green Salad	Potato Deviled Egg Salad	Fresh Fruit Salad
Dessert	Mini Bundt Cake	Tapioca Pudding	Two Bite Brownie	Date Square	Assorted Desserts	Cinnamon Churro's	Ice Cream Sundae

Dinner

Soup	Cream of Celery Soup	Seafood Chowder	Beef & Vegetbale Soup	*Cream of Broccoli Soup	*Roasted Butternut Squash Soup	Carrot & Coconut Soup	Cream of Mushroom Soup
Salad	Watermelon Salad	Chickpea & Cucumber Salad	*Beet & Onion Salad	Spanakopita	Shredded Coleslaw	Blueberry Spinach Salad	Waldorf Salad
Entrée 1	Pineapple & Orange Baked Ham	Butternut Squash Ravioli	Citrus Butter Baked Rainbow Trout	Bacon Wrapped Pork Tenderloin	Spinach & Cheese Cannelloni	Beef Stroganoff	Lemon Pepper Baked Salmon Filet
Side	Buttered Mashed Potatoes	Ciabatta Bun	Steamed Baby Potatoes	Parsley Mashed Potatoes	Garlic Bread	Garlic Buttered Egg Noodles	Buttered Mashed Potatoes
Entrée 2	Classic Beef Meatloaf	Coconut Shrimp	Chicken Pot Pie	Marinated Grilled Chicken Breast	Beer Battered Cod Loin	Chicken Cacciatore	Herb Roasted Turkey Breast
Side	Buttered Mashed Potatoes	Vegetbale Rice Pilaf	Steamed Baby Potatoes	Parsley Mashed Potatoes	Crispy French Fries	Garlic Buttered Egg Noodles	Buttered Mashed Potatoes
Vegetable	Green Garden Peas	Buttered Corn	Soft Rainbow Carrots	*Roasted Zucchini	Buttered Corn	Wilted Spinach	Braised Cabbage
Vegetable	*Soft Steamed Cauliflower	*Steamed Broccoli	Garlic Sauteed Kale	*Slow Baked Roma Tomato	Green Garden Peas	Yellow Wax Beans	*Cauliflower Gratin
Dessert	Strawberry Shortcake	Summer Berry Cobbler	Red Wine Poached Pears	Carrot & Pineapple Cup Cake	Orange Citrus Cake	*Blueberry Crumble	*Peach Pie

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local

Saskatoon Berry & Cherry

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

Menu subject to change due to product availab