Weekly Menu Week 1

January 6th - 12th

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

Reception: 306-585-7100

Week 1	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
Soup	* Egg Drop	Cabbage Roll	* Tomato Basil	Clam Chowder	Pork and Vegetable Soup	Baked Potato	Pizza
Entrée 1	* BLT Sandwich	* Turkey Almond Salad Sandwich	Italian Grilled Cheese with Provelone, Italian Ham & Pesto Aoli	* Egg Salad on Croissant	* Chef Salad Ham Turkey Tomato Egg Cheese	* Salmon Salad Sandwich	Fresh Fruit Plate with Cottage Cheese & Baked Scone
Side	Potato Wedges	Fresh Seasonal Fruit	Pineapple Coleslaw	Bread & Butter Pickles	Dinner Roll	Veggie Sticks	_
Entrée 2	Warm Spinach & Feta Pastry	Crispy Fish Burger with Lettuce, Tomato & Tartar Sauce	Beef & Bean Chili	Hawaiian Pizza	Creamy Macaroni and Cheese Garlic Bread	Chicken Fingers & Fries Plum Sauce	Waffles with Syrup, Sausage & Scrambled Eggs
Side	Greek Salad	Tossed Salad	Cornbread Muffin	Tossed Salad	_	_	Fresh Seasonal Fruit
Dessert	Chocolate Brownies	Assorted Pies	Carrot Cake	Vanilla Pudding with a Wafer Cookie	Assorted Desserts	Lemon Streusel Cake	* Apple Strudel
Dinner 4:30 P.M. - 6:15 P.M.							
Appetizer	Brie Pear and Honey Crostini	* Smoked Salmon Mousse	* Apple Pecan Salad	Caesar Salad	Marinated Carrot Salad	* Veggie Sticks & Hummus	Red & Green Cabbage Salad
Entrée 1	* Chicken Breast with Peaches and Balsamic	Spaghetti & Meatballs Garlic Bread	Pork Tenderloin Mushroom Marsala Sauce	Chicken Snow Pea & Pepper Stir Fry	BBQ Pork Shanks	Cabbage Rolls Marinara Sauce	* Hunter's Chicken Thigh (Tomato Mushroom Onion)
Side	Rice Pilaf	_	Roast Garlic Mashed Potatoes	Steamed Rice	Santa Fe Style Roasted Baby Potatoes	Buttered Perogies with Fried Onions & Sour Cream	Mashed Potatoes
Entrée 2	Coconut Crusted Shrimp with Pina Colada Dip	Turkey Schnitzel with Cranberry Gravy	Baked Basa Filet with Orange & Tarragon Butter Sauce	Blueberry & Rosemary Braised Beef Flank Steak with a Demi Gravy	Almond Crusted Sole with Lemon & Tartar	Baked Ham with Pineapple Glaze	Roast Beef with Gravy & Yorkshire Pudding
Side	Rice Pilaf	Roasted Sweet Potatoes	Roast Garlic Mashed Potatoes	Steamed Rice	Santa Fe Style Roasted Baby Potatoes	Buttered Perogies with Fried Onions & Sour Cream	Mashed Potatoes
Vegetable	Vegetable Medley	Sweet Corn	* Yellow Beets	Roasted Cauliflower	Buttered Parsnips	Roasted Turnips	Creamed Corn
Vegetable	_	Broccoli with Cheddar Cheese Sauce	Seasoned Peas	Honey Dill Carrots	Leeks in Cream Sauce	Brussels Sprouts	* Green Beans Almondine
Dessert	Tiramisu	Cheese Cake with Blueberry Vanilla Sauce	Buttertart Bar	* Warm Apple Crisp	Old-Fashioned Carrot Pudding	Coconut Custard Pie	Banana Pudding with a Wafer Cookie

* Menu item contains a Superfood.

Choose Superfoods more often for optimal health

Living Loving Local: Carrot

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