

September 15th - 21st**Lunch 11:30 A.M. - 1:15 P.M.**

Reception: 306-585-7100

Week 1	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
Soup	Cream of Mushroom	Beef & Noodle	Cuban White Bean	Carrot Coconut	Creamy Chicken and Wild Rice	Hamburger	Pizza
Entrée 1	* Salmon Salad Sandwich	Spinach & Feta Pastry	* Egg Salad Sandwich	Fresh Fruit Plate with Cottage Cheese with a Cinnamon Roll	*BBQ Pork Salad with Avocado & Orange	* Roast Beef Lettuce Tomato Horseradish Aioli Sandwich	Fruit & Cottage Cheese Cold Plate with a Danish
Side	Fresh Seasonal Fruit	Garden Salad	Watermelon Wedges	—	Cornbread Muffin	Bread & Butter Pickles	—
Entrée 2	Braised Beef Ravioli Marinara	Bison Burger with Cheddar, Lettuce, Tomato & Garlic Mayo	Hot Dog on a Bun with Sauerkraut	Chicken Fingers & Fries with Plum Sauce	Crispy Cod Nuggets with Tartar Sauce & Lemon Wedges	Hawaiian Pizza	Scrambled Eggs & Bacon
Side	Garlic Bread	Onion Rings	Potato Salad	—	Coleslaw	* Spinach Salad	Homefried Potatoes
Dessert	Banana Pudding with a Wafer Cookie	Peanut Butter Confetti Bars	Apple Crumble	Coconut Mango Smoothie	Strawberry Jello	Assorted Desserts	Chocolate Pudding with a Wafer Cookie
Dinner 4:30 P.M. - 6:15 P.M.							
Appetizer	Creamy Cucumber Salad	* Avocado & Prosciutto Crostini	Pot Stickers	Carrot Pineapple Raisin Salad	* Quinoa Salad	House Salad	* Broccoli Salad
Entrée 1	Cabbage Rolls in Tomato Sauce	Turkey A La King with Biscuits	Corned Beef & Cabbage with Pearl Onions	Slow Roast Pork Butt au Jus	Vegetable Lasagna	Greek Style Dry Ribs	Braised Beef Tips in Tomato Sauce
Side	Buttered Perogies with Fried Onions	Buttered Egg Noodles	Whipped Potatoes	Roasted Potatoes	Garlic Bread	Rice Pilaf	Whipped Potatoes
Entrée 2	Baked Ham with Pineapple Glaze	Shrimp & Vegetable Stir Fry	Roasted Lemon Chicken Thighs	Basa Roasted Red Pepper & Corn Salsa	Slow Roast Beef with Pear Demi Sauce	Oven Roasted Chicken Breast with Pesto Cream Sauce	Haddock with Pimento Hollandaise Sauce
Side	Buttered Perogies with Fried Onions & Sour Cream	Steamed Rice	Whipped Potatoes	Roasted Potatoes	Creamy Dill Smashed Baby Potatoes	Rice Pilaf	Whipped Potatoes
Vegetable	* Green Beans Almondine	Buttered Parsnips	Peas & Carrots	Asparagus	* Stuffed Tomato	Honey Dill Carrots	Sweet Corn
Vegetable	Buttered Corn	Harvard Beets	—	Dill Buttered Yellow Beans	Parmesan Zucchini	* Broccolinni	Brussels Sprouts
Dessert	Carrot Cake	Cherry Cheesecake Ice Cream	Ambrosia Dessert	Tapioca Pudding with Cinnamon	* Cherry Pie	Lemon Macaroon Bars	Nanaimo Bar

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local: Pear

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