



June 22nd - 28th



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



Reception: 306-585-7100



Week 5	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
Soup	Roasted Red Pepper Bisque	Tamarind Pork & Vegetable	Coconut Black Bean	Almondigas Soup (Meatball, Noodle Soup)	Chicken Ginger Rice	* Greek Tomato & Orzo Soup	Cream of Celery
Entrée 1	Crab Salad on Croissant	* Salmon Salad Sandwich	Deviled Egg Salad Plate with Ham & Cheese	California Chicken Salad	Black Forest Ham Sandwich Lettuce, Tomato & Dijon	Italian Salad: Olives, Marinated Tomatoes, Parm, Peppers & Crispy Salami	Fruit & Cottage Cheese Cold Plate with a Danish
Side	Fresh Seasonal Fruit	Sweet Pickles	Dinner Roll	Celery Sticks with Cheeze Whiz	Fresh Fruit Cup	Focaccia Toast	Cherry Danish
Entrée 2	Stir Fried Rice Noodles with Veggies	Cheese Tortellini with Pesto, Bacon & Mushroom Cream Sauce	Canadian Pizza (Bacon, Mushroom & Pepperoni)	Crispy Cod Nuggets with Tartar Sauce & Lemon Wedges	Beef, Cheese & Roasted Pepper Quesadilla with Sour Cream & Salsa	Shrimp Po'Boy Sandwich: Shrimp, slaw, sauce on a bun	Scrambled Eggs & Bacon
Side	Spring Roll with Plum Sauce	Garlic Bread	House Salad	French Fries	Caesar Salad	Pickles & Potato Chips	Homefried Potatoes & Fresh Fruit
Dessert	Ice Cream Sandwiches	Orange Cake with Frosting	Lemon Pudding with a Wafer Cookie	Strawberry Jello	Fresh Fruit & Yogurt Smoothies	Assorted Desserts	Triple Chocolate Brownies

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

Appetizer	Carrot Pineapple Raisin Salad	Cucumber Dill Salad	* Spinach Dip with Pita	* Kale and Apple Salad	Calalina Bowtie Pasta Salad	B.L.T. Salad with Blue Cheese Dressing	Mixed Green Salad with Mandarins & Dried Cranberries
Entrée 1	Turkey Breast Roasted in Sage & Italian Bacon Butter Sauce	Brown Sugar, Orange & 5-Spice Glazed Ham	Chicken Thighs Adobo	English Bangers Fried Onions & Gravy	* Almond Crusted Sole Tartar Sauce	Beef & Bean Chili	Potato & Chive Crusted Cod Remoulade Sauce
Side	Creamy Dill Smashed Baby Potatoes	Scalloped Potatoes	Rice Pilaf	Mashed Potatoes	Roasted Potatoes	Cheddar Biscuits	Whipped Potatoes
Entrée 2	* Pesto Crusted Basa Filet Topped with Bruschetta Tomatoes	Cabbage Rolls Marinara Sauce	* Ginger Glazed Salmon Filet with Roasted Pineapple Salsa	Red Wine Braised Beef Tenders (Osso Bucco)	Rosemary Roast Leg of Lamb	Chicken Cordon Bleu with Cranberry Brie Cream sauce	Roasted Chicken Pieces with Stuffing & Gravy
Side	Creamy Dill Smashed Baby Potatoes	Scalloped Potatoes	Rice Pilaf	Mashed Potatoes	Roasted Potatoes	Loaded Baked Potato with Bacon, Onion & Sour Cream	Whipped Potatoes
Vegetable	* Broccoli	Harvard Beets	Seasoned Peas	* Green Beans Almondine	Leeks in Cream Sauce	Basil Roasted Zucchini & Tomatoes	Peas & Carrots
Vegetable	* Baked Squash	Buttered Corn	Sauteed Bok Choy & Mushrooms	Basil Buttered Cauliflower	Roasted Brussels Sprouts with Bacon	Tossed Salad	-
Dessert	Coconut Caramel Cake	Tapioca Pudding with Cinnamon	Apple Crisp with Ice Cream	Assorted Pies	Olive Oil Citrus Cake with Marinated Peaches & Whipped Cream	Tiger Tail Ice Cream	Saskatoon Pie

* 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