

**JULY 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     | Turkey Noodle                        | Hamburger                           | Split Pea with Ham                      | * Cream of Cauliflower                                | Peruvian Fish                                    | French Onion                                    | Cream of Mushroom   |
| Entrée 1 | Salmon in Pastry On Salad Plate      | Chicken Melt on a Bun               | Smoked Gouda, B.L.T. on a Toasted Bagel | * Tuna Salad Sandwich                                 | Cottage Cheese & Melon & Banana Bread Plate      | * Egg Salad on Croissant                        | Creamy Porridge with Brown Sugar, Fruit & Cinnamon Raisin Toast |
| Side     | Multigrain Toast                     | Sweet Potato Fries with Maple Aioli | Pickles & Potato Chips                  | Fresh Seasonal Fruit                                  | -  | * Apple Pecan Salad                             | -   |
| Entrée 2 | Salami Pizza Grilled Cheese Sandwich | Greek Dry Ribs                      | Tempura Shrimp on Warm Quinoa Salad     | Green Goddess Chicken with a Vegetable & Quinoa Salad | Italian Sausage, Spinach, Carmelized Onion Pizza | Mac' N Cheese with Stewed Tomatoes & Bacon Bits | Fried Egg, Bacon, Avocado & Tomato on a Bun                     |
| Side     | Bruschetta Pasta Salad               | Garden Salad                        | 5 Spiced Wonton Crisps                  | Onion Rings   | Caesar Salad                                     | -   | Homefried Potatoes & Fresh Fruit                                |
| Dessert  | Assorted Ice Creams                  | Strawberry Sundae                   | Banana Pudding with a Wafer Cookie      | Strawberry Colada Smoothie                            | Lemon Meringue Pie                               | Lemon Lime Sorbet                               | Chocolate Croissant   |

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

|           |                                    |  |                                   |  |  |   |   |
|-----------|------------------------------------|--|-----------------------------------|--|--|---|---|
| Appetizer | Sausage Roll                       | * Spinach Mandarin Orange & Almond Salad | * Veggie Sticks & Hummus          | * Broccoli Salad                                 | Greens with Apricots, Candy Nuts, Carrot & Saskatoon Vinaigrette | Tempura Vegetables with Creamy Citrus & Honey Dip | Vinaigrette Apple Coleslaw  |
| Entrée 1  | Ginger Beef with Peppers & Onions  | * Citrus & Herb Cod With Peach Salsa     | Spaghetti & Meatballs             | * Chicken Souvlaki with Tzatziki Sauce           | Pan Fried Sole Tarragon Brown Butter                             | Roasted Garlic & Herb Chicken Thighs              | Oven Roasted Pork Tenderloin with Caramelized Onion & Dijon Gravy |
| Side      | Steamed Rice                       | Mashed Potatoes                          | Garlic Bread                      | Potato Wedges                                    | Sweet Potato Mash  | Whipped Potatoes                                  | Mini Roasted Red Potatoes   |
| Entrée 2  | Mild Chicken Curry with Naan Bread | Braised Bratwurst with Sauerkraut        | Roasted Lemon & Dill Chicken Legs | Deluxe Cheeseburger with Lettuce, Tomato & Onion | Roast Pork Loin with Savoury Saskatoon Chutney                   | Beef Pot Roast with Pan Sauce                     | Crunchy Perch with Tartar & Lemon                                 |
| Side      | Steamed Rice                       | Mashed Potatoes                          | Roasted Potatoes                  | Potato Wedges                                    | Sweet Potato Mash  | Whipped Potatoes                                  | Mini Roasted Red Potatoes   |
| Vegetable | Stir Fry Vegetables                | Honey Dill Carrots                       | Asparagus                         | Tossed Salad                                     | * Yellow Beets   | Buttered Parsnips                                 | Vegetable Medley  |
| Vegetable | -                                  | Green Beans                              | * Broccolini                      | Corn on the Cob with Butter                      | Seasoned Peas  | * Broccoli  | -   |
| Dessert   | Pumpkin Latte Layer Cake           | Chocolate Zucchini Cake                  | Raspberry Cheesecake Tart         | Cream Puffs with Chocolate & Caramel Drizzle     | Bread Pudding with Saskatoon Sauce                               | Peaches & Cream Short Cake                        | Espresso Ice Cream with a Wafer Cookie                            |

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



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