

July 20th - 26th**Lunch 11:30 A.M. - 1:15 P.M.**

Reception: 306-585-7100

Week 3	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
Soup	* Tomato Basil	Baked Potato	Classic Chicken Noodle Soup	* Minestrone	Butternut Squash	* Red Lentil	Beef Vegetable
Entrée 1	* Salmon Salad Sandwich	Italian Grilled Cheese with Provelone, Italian Ham & Pesto Aoli	* Turkey, Mango, Cashew, Chickpeas, Cucumber on Mixed Greens	* Egg Salad on Croissant	Soft Chicken Tacos with Lettuce, Cheese Salsa & Sour Cream	Hot Crab Croissant	Fruit & Cottage Cheese Cold Plate with a Danish
Side	Watermelon Wedges	Arugula Orange Salad	Multigrain Toast	Veggie Sticks	* Corn and Black Bean Salad	Mango Slaw	—
Entrée 2	Crispy Chicken Ranch Burger with Lettuce & Tomato	Beef Pot Pie with Gravy & Hot Veggies	Grilled Bratwurst on a Bun with Saurkraut	Perogies with Bacon Fried Onion Sour Cream	Belgian Waffles & Sausage Link	Crispy Lemon Pepper Chicken Wings	Scrambled Eggs & Bacon
Side	Sweet Potato Fries & Honey Dill Dip	—	Potato Salad	—	Mixed Berries	House Salad	Hashbrowns and Toast
Dessert	Banana Pudding with a Wafer Cookie	Churros & Ice Cream	Peach Jello	Peanut Butter Confetti Bars	Coconut Cream Pie	Assorted Desserts	Vanilla Pudding with a Wafer Cookie

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

Appetizer	* Spanakopita with Tzatziki Sauce	Vinaigrette Apple Coleslaw	Tossed Salad	* Spanakopita with Tzatziki Sauce	* Smoked Salmon Mousse	Spinach Salad with Pears, Pumpkin Seeds & Red Onion	House Salad
Entrée 1	Sweet & Sour Meatballs	Maple Onion Sole	Butternut Squash Ravioli with Brown Butter, Sage, Pine Nuts, & Garlic Lemon Shrimp	Summer Herb Crusted Hake with Tartar & Lemon	Veal Fricassee (Creamy Veal Stew with Mushrooms)	Turkey Shepherd's Pie with Gravy	Roast Beef with Gravy & Yorkshire Pudding
Side	Rice Pilaf	Santa Fe Style Roasted Baby Potatoes	Garlic Bread	Mashed Potatoes	Baked Potato	—	Roasted Potatoes
Entrée 2	Porkchops in Creamy Mushroom Gravy	Pollo Asado (Citrus Grilled Chicken)	Saskatoon & Rosemary Braised Beef Flank Steak with a Demi Gravy	Roast Pork with Gravy	Chicken Cordon Bleu with Gravy	Greek Style Pork Shanks	Shrimp Skewers with Garlic Butter, Lemon & Cocktail Sauce
Side	Rice Pilaf	Santa Fe Style Roasted Baby Potatoes	Glazed Sweet Potato	Mashed Potatoes	Risotto	Wild Rice Pilaf	Roasted Potatoes
Vegetable	Sweet Corn	—	* Edamame	Buttered Parsnips	* Ratatouille	* Stuffed Tomato	Seasoned Peas
Vegetable	Sauteed Green Cabbage & Mushrooms	Vegetable Medley	Asparagus	Creamed Corn	* Green Beans Almondine	Honey Dill Carrots	* Broccoli
Dessert	Assorted Pies	Vanilla Layer Cake	Black Forrest Parfait	Red Velvet Cake	Chcolate Éclair with Raspberries	Cheese Cake Caramel	Chocolate Cake

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Saskatoon

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