

August 24th - 30th**Lunch 11:30 A.M. -1:15 P.M.**

Reception: 306-585-7100

Week 2	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30
Soup	Tortellini Pasta	Roasted Red Pepper Bisque	Cream of Mushroom	Carrot Coconut	Beef Pho Noodle Soup	Potato Leek	Cream of Asparagus
Entrée 1	Salmon Salad Croissant	Warm Flank Steak Salad Plate with Feta Cheese, Tomato, Cucumber & Red Onion	Lemon & Herb Shrimp on Greek Salad	* Egg Salad Sandwich	* Chicken, Mango, Oranges, & Pecans Salad Plate	Warm Spinach & Feta Pastry	Granola & Yogurt Parfait with Fruit Salad
Side	Fresh Fruit Cup	Garlic Buns	Pita	Fresh Seasonal Fruit	Dinner Roll	Mixed Green Salad	Toasted Blueberry Bagel with Cream Cheese
Entrée 2	Chicken & Veggie Dumplings with Teriyaki Dip	Grilled Cubano Sandwich with Roast Pork, Ham, Swiss Cheese, Pickle	Beef & Bean Chili	BBQ'd Hot Dog on a Bun with Condiments	Beef Dip Sandwich With Swiss Cheese & Au Jus Dip	French Toast with Syrup, Bacon & Orange Wedges	Quiche Lorraine Bacon Onion Swiss Cheese
Side	Spinach Salad with Sweet Onion Vinaigrette	Mango Slaw	Cornbread Muffin	Onion Rings	House Salad	—	Homefried Potatoes & Fresh Fruit
Dessert	Chocolate Pudding with a Wafer Cookie	Maple Walnut Ice Cream	Nanaimo Bar	Peach Mousse with Graham Crumble	Chocolate Brownies	Assorted Desserts	Ice Cream Drumsticks

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

Appetizer	Caesar Salad	* Green Salad Blueberries Almonds Goat Cheese	* Kale and Apple Salad	B.L.T. Salad with Blue Cheese Dressing	* Shrimp and Avocado Salad	Tossed Salad	* Cranberry Spinach Salad
Entrée 1	Turkey Tetrazzini with Bowtie Pasta	Roasted Pickerel Fillet with Dill Pickled Carrot Salad	Hickory Braised Pork Shanks with Peaches	Lightly Breaded Haddock with Southern Style Tartar Sauce	Steak Diane (Mushroom, Brandy Cream Sauce)	* Baked Salmon Dill Sauce	Cabbage Rolls in Tomato Sauce
Side	—	Saffron Rice	Loaded Baked Potato with Bacon, Onion & Sour Cream	Mini Roasted Red Potatoes	Roasted Potatoes	Chive Mashed Potatoes	Scalloped Potatoes
Entrée 2	French Onion Meatloaf & Gravy	Roast Chicken Breast with a Mustard Leek Cream sauce	Beef Burgundy Pearl Onions Mushroom Bacon Stew	* Hunter's Chicken Thigh (Tomato Mushroom Onion)	Chef Mike's Tofu & Veggie Stirfry	Roasted Chicken Leg with Rotisserie Sauce	Brown Sugar, Orange & 5-Spice Glazed Ham
Side	Whipped Potatoes	Saffron Rice	Buttered Egg Noodles	Mini Roasted Red Potatoes	Steamed Rice	Chive Mashed Potatoes	Scalloped Potatoes
Vegetable	Sweet Corn	Asparagus	Honey Dill Carrots	* Broccoli	Vegetable Medley	Orange Glazed Brussel Sprouts	Carrot Coins
Vegetable	* Green Beans Almondine	Basil Roasted Zucchini & Tomatoes	Seasoned Peas	Roasted Beets	—	Baked Squash	Roasted Turnips
Dessert	Date Square	Vanilla Layer Cake	Rice Pudding with Saskatoon Sauce	Tiramisu with Blackberries	Carrot Cake	* Apple Pie	Lemon Streusel Cake

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health

Living Loving Local - Peaches

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