

September 21st-27th

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

Reception 306-585-7100

Week 6	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
Soup	Chicken Noodle	* Cream of Tomato	Beef Barley	Sausage, Potato & Kale Soup	Coconut Lime Chicken Soup	Ham & Potato Chowder	Butternut Squash
Entrée 1	Salmon Salad Croissant	Grilled Cheese Sandwich	* Egg Salad Sandwich	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce	Turkey & Red Pesto Sandwich	Iceberg Wedge Cobb Salad with Bacon, Blue Cheese, Avocado & Tomato	Fresh Fruit Plate with Cottage Cheese with a Cinnamon Roll
Side	Pickles & Potato Chips	Onion Rings	Veggie Sticks	French Fries	Fresh Seasonal Fruit	Dinner Roll	—
Entrée 2	* Baked Beans & Weiners	Shrimp Scampi Penne	Mac' N Cheese with Stewed Tomatoes & Bacon Bits	Warm Spinach & Feta Pastry	Hawaiian Pizza	Chicken Fingers & Plum Sauce	French Toast with Syrup, Sausage & Scrambled Eggs
Side	Dinner Roll	Mixed Green Salad	—	Cranberry, Carrot, Apple & Lettuce Salad with Toasted Pumpkin Seeds	Tossed Salad	Sweet Potato Fries & Honey Dill Dip	Fresh Seasonal Fruit
Dessert	Chocolate Mint Ice Cream	Carrot Cake	Raspberry, Banana Smoothie	Coconut Cream Pie	Assorted Desserts	Vanilla Mousse with Berries	Ice Cream Sandwiches
Dinner 4:30 P.M. - 6:15 P.M.							
Appetizer	Egg Roll with Plum Sauce	House Salad	Waldorf Salad	Vinaigrette Apple Coleslaw	Warm Pretzel Bites with Beer Cheese Dip	Tempura Vegetables with Creamy Citrus & Honey Dip	Bruschetta with Garlic Wedges
Entrée 1	Sweet & Sour Pork	Potato Crusted Cod with Tartar & Lemon Wedges	Italian Herb Roast Porkloin with Stuffing & Gravy	Vegetarian Lasagna	Beer Braised Pork Medallions with Saurkraut	Beef Pot Roast with Pan Sauce	Hickory & Brown Sugar Roast Pork Loin with Gravy
Side	Steamed Rice	Mashed Potatoes	Lemon & Oregano Potato	Garlic Bread & Caesar Salad	Creamy Dijon Smashed Potatoes	Mashed Potatoes	Creamy Dill Smashed Baby Potatoes
Entrée 2	Turkey Stroganoff	Liver & Onions with Bacon & Gravy	Roasted Chicken Breast Pesto Cream	Veal Cutlets with Mushroom Gravy	Roasted Pickerel with Lemon Dill Butter	Mediterranean Stewed Cod Loin	Roasted Lemon Chicken Thighs
Side	Buttered Egg Noodles	Mashed Potatoes	Lemon & Oregano Potato	Rice Pilaf	Creamy Dijon Smashed Potatoes	Mashed Potatoes	Creamy Dill Smashed Baby Potatoes
Vegetable	Buttered Corn	Diced Carrots	* Broccoli	—	Sweet Glazed Beets	Creamed Corn	Carrot Coins
Vegetable	Sugar Snap Peas	* Green Beans Almondine	* Stuffed Tomato	Vegetable Medley	Roasted Root Vegetables	Seasoned Peas	Mashed Turnips
Dessert	Nanaimo Bar	Butter Tarts	Cheesecake with Strawberry Sauce	Vanilla Layer Cake	Chocolate Rice Pudding	Orange Cake with Frosting	* Apple Pie

* 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