

September 28th- October 4th

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

Reception: 306-585-7100

Week 1	Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2	Saturday 3	Sunday 4
Soup	Turkey Noodle	Baked Potato	Split Pea with Ham	Cream of Mushroom	* Tomato Basil	Clam Chowder	* Cream of Cauliflower
Entrée 1	* Cobb Salad Ham, Egg, Cheese, Tomato & Cucumber	Roast Beef, Swiss, Lettuce & Tomato Sandwich	* Smoked Salmon Croissant with Chive Cream Cheese	* Egg Salad Sandwich	Crispy Filo Crusted Shrimp on Spinach & Mandarin Salad	Corned Beef on Rye with Dijonaise & Sliced Pickle	Fresh Fruit Plate with Cottage Cheese with a Cinnamon Roll
Side	Multigrain Toast	Sweet Pickles	Greens with Beets, Apple, Goat Cheese & Candied Nuts	Pineapple Coleslaw	Spring Roll with Plum Sauce	Macaroni Salad	NATIONAL CINNAMON BUN DAY  —
Entrée 2	Reuben Sandwich on Rye	Crispy Lemon Pepper Chicken Wings	Beef & Cheese Ravioli with Alfredo Sauce	Perogies with Bacon Fried Onion Sour Cream	Southwest Turkey Burger	Orange Maple Glazed Salmon	Poached Eggs with Ham
Side	French Fries	Garden Salad	Garlic Bread	—	Curly Fries	Greek Salad with Pita Bread	Hashbrowns and Toast
Dessert	Assorted Ice Creams	Buttertart Bar	Banana Pudding with a Wafer Cookie	Strawberry Colada Smoothie	Lemon Meringue Pie	Black Cherry Ice Cream	Strawberry Shortcake
Dinner 4:30 P.M. - 6:15 P.M.							
Appetizer	Crispy Chicken Wontons with Plum Sauce	Cucumber Carrot and Red Onion Salad	* Veggie Sticks & Hummus	* Broccoli Salad	* Roasted Butternut Squash and Baby Kale Salad	* Spring Greens with Strawberries and Goat Cheese	* Shrimp & Avocado Salad
Entrée 1	Sesame Beef with Vegetables	* Citrus & Herb Cod With Peach Salsa	Roast Veal with Red Wine Gravy	Feta Stuffed Chicken Breast with Creamy Greek Sauce	Steelhead Trout with Maple Soy Butter	Shake & Bake Pork Chops with Gravy	Honey, Apple & Bacon Glazed Chicken Breast
Side	Steamed Rice	Mashed Potatoes	French Onion & Potato Bake	Mini Roasted Red Potatoes	Loaded Baked Potato	Wild Rice Pilaf	Whipped Potatoes
Entrée 2	Butter Chicken with Naan Bread	Texas Slow Roast Pork Butt au Jus	Turkey Pot Pie with Gravy	BBQ Pork Shanks	Harvest Pumpkin & Beef Stew	Sweet & Sour Meatballs	Crunchy Perch with Tartar & Lemon
Side	Steamed Rice	Mashed Potatoes	—	Mini Roasted Red Potatoes	Cheddar Biscuits	Wild Rice Pilaf	Whipped 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	Chocolate Cake	Peaches & Cream Short Cake	Caramel Coffee Bars	* Blueberry Pie	Pumpkin & Pecan Delight Dessert	Cheesecake with Saskatoon Sauce	Sticky Toffee Pudding Cake

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



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