

October 12th-18th**Lunch 11:30 A.M. - 1:15 P.M.**

Reception: 306-585-7100

Week 3	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
Soup	Classic Chicken Noodle Soup	Creamy Squash & Wild Rice	* Tomato Basil	* Broccoli and Cheddar	Wonton Soup	Ham and Potato	Pizza
Entrée 1	Black Forest Ham Sandwich Lettuce, Tomato & Dijon	Turkey-Waldorf Salad Croissant	Salad Plate with Warm Duck Breast, Feta, Greens, Berries and Crispy Onions	* Egg Salad Sandwich	Fresh Fruit Plate with Cottage Cheese & Baked Scone	Tuna Melt	Creamy Porridge with Brown Sugar, Fruit & Cinnamon Raisin Toast
Side	Sweet Pickles	Watermelon Wedges	Multigrain Toast	Veggie Sticks	Dinner Roll	French Fries	—
Entrée 2	Crispy Cod Nuggets with Tartar Sauce & Lemon Wedges	Cheese Burger with Lettuce & Tomato	Seafood Melt	Beef Pot Pie with Gravy & Hot Veggies	Teriyaki Pork Rib Steam Bun	Four Cheese, Tomato & Basil Pizza	Pumpkin Spice Pancakes with Bacon & Fruit
Side	French Fries	Onion Rings	Caesar Salad	—	* Spinach Mandarin Orange & Almond Salad	Tossed Salad	—
Dessert	Blueberry Mousse	Espresso Ice Cream with a Wafer Cookie	Apple Fritter Donuts	Peanut Butter Confetti Bars	Fresh Fruit & Yogurt Smoothies	Assorted Desserts	Cookies & Cream Ice Cream
Dinner 4:30 P.M. - 6:15 P.M.							
Appetizer	Spring Rolls with Plum Sauce	Vinaigrette Apple Coleslaw	Mixed Green Salad with Mandarins & Dried Cranberries	Spinach Dip with Crackers	Brie Pear and Honey Crostoni	Greek Bowtie Pasta Salad	B.L.T. Salad with Blue Cheese Dressing
Entrée 1	Hoisin Beef Stirfry	Maple Onion Sole	Steelhead Trout with Lemon, Dill Butter	Baked Bacon Mac N' Cheese	Over Night Roast Elk with Pan Gravy	Crispy Fried Chicken with Gravy	* Swiss Steak with Fire Roasted Tomato Sauce
Side	Steamed Rice	Creamy Dill Smashed Baby Potatoes	Mashed Potatoes	Garlic Bread	Roasted Potatoes	Potato Wedges	Whipped Potatoes
Entrée 2	Honey Orange Pork Bites	Roasted Chicken Leg with Rotisserie Sauce	Maple Mustard Baked Bone in Ham	Smoked Brisket Au Jus	Chicken Cordon Bleu with Tarragon Mushroom Cream Sauce	BBQ'd Pork Chops	Cheddar Biscuit Crusted Hake with Tartar & lemon
Side	Steamed Rice	Creamy Dill Smashed Baby Potatoes	Mashed Potatoes	Glazed Sweet Potato	Roasted Potatoes	Potato Wedges	Whipped Potatoes
Vegetable	Sauteed Bok Choy & Mushrooms	Sweet Corn	Carrot Coins	Seasoned Peas	Creamy Mashed Cauliflower	Baked Beans	Asparagus
Vegetable	Sugar Snap Peas	Baked Squash	Green Beans	* Broccoli	* Stuffed Tomato	Corn on the Cob with Butter	Honey Dill Carrots
Dessert	Assorted Pies	Baklava Warm Honey & Walnut Pastry	Sour Cream Raisin Pie	German Chocolate Cake	Strawberry Sundae	Orange Cake with Frosting	Pecan Pie

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Pumpkin & Squash

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