

October 19th-25th



Weekly Menu Week 4
Lunch 11:30 A.M. - 1:15 P.M.



Reception: 306-585-7100

Week 4	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	GLUTEN FREE ALL DAY! Friday 23	Saturday 24	Sunday 25
Soup	Cream of Celery	Cabbage Roll	French Onion	Lemon Rice	Potato Oregano	* Tomato Basil	Cream of Turkey Soup
Entrée 1	Roast Beef, Honey Mustard, Lettuce & Swiss Sandwich	Egg Salad on Rye	Beef Taco Salad Plate with Salsa & Sour Cream	* Beef & Lamb Gyro on Pita with Tzatziki Sauce	Tuna, Cashew, Mango & Cucumber Salad Plate with a Sweet Lime Dressing	Grilled Ham & Cheese with Pickles	Fresh Fruit Plate with Cottage Cheese with a Cinnamon Roll
Side	Pineapple Coleslaw	Homemade Pickles	Taco Chips	Lemon Herb Potato Wedges	Garlic Butter Flat Bread	Sweet Potato Fries & Honey Dill Dip	—
Entrée 2	Stir Fried Rice Noodles with Veggies	Chicken Fingers & Fries with Honey Mustard	Greek Dry Ribs	Leek & Bacon Quiche	Potato Pancakes with Sour Cream, Apple Sauce & Bacon	Chicken, Feta, Spinach & Pesto Gnocchi	French Toast with Syrup, Sausage & Scrambled Eggs
Side	Spring Roll with Plum Sauce	—	Caesar Salad	Garden Salad	—	Garlic Bread	
Dessert	Macaroon Madness Bar	Black Cherry Ice Cream	Fresh Fruit & Yogurt Smoothies	Banana Bread with Cinnamon Sugar Butter	Tiger Tail Ice Cream	Ice Cream Sandwiches	Butterscotch Pudding with a Wafer Cookie

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

Appetizer	Garlic Cheese Bread	* Kale and Apple Salad	* Chickpea Salad	Veggie Samosas with Pineapple Sauce	Greek Salad	Carrot Pineapple Raisin Salad	Devilled Eggs
Entrée 1	* Cranberry & Walnut Chicken	Bacon Wrapped Beef Medallions with Peppercorn Sauce	Thai Chicken Stir Fry	Roast Pork with Gravy	Chicken Thighs Adobo	Turkey Stroganoff	Almond Crusted Sole with Lemon & Tartar
Side	Roasted Potatoes	Loaded Baked Potato	Saffron Rice	Mashed Potatoes	Rice Pilaf	Buttered Egg Noodles	Whipped Potatoes
Entrée 2	Breaded Pork Cutlets with Gravy	Vegetarian Lasagna	Fish n' Chips with Tartar Sauce & Lemon	Meatballs Coconut Curry Sauce	Jumbo Shrimp Scampi with Lemon & Cocktail Sauce	Oven Roasted Pork Tenderloin with Caramelized Onion & Dijon Gravy	Beef Pot Roast with Pan Sauce
Side	Roasted Potatoes	Garlic Bread	Creamy Coleslaw	Mashed Potatoes	Rice Pilaf	Mini Roasted Red Potatoes	Whipped Potatoes
Vegetable	Basil Roasted Zucchini & Tomatoes	Buttered Corn	—	Carrots with Tarragon Butter	* Broccoli	Mashed Turnips	Creamed Corn
Vegetable	Dill Creamed Peas	* Green Beans Almondine	Vegetable Medley	* Seasoned Beets	Sugar Snap Peas	Braised Red Cabbage	Roasted Root Vegetables
Dessert	Mixed Berry Cake with Whipped Cream	Assorted Desserts	Lemon Cake with Raspberries & Whipped Cream	* Cherry Cheesecake	Ambrosia Dessert	Sticky Toffee Pudding Cake	Saskatoon 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