

Spring Summer Weekly Menu Week 1

Sept 18th- Sept 24th



Lunch

Week 1	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
Soup	Beef Barley	French Canadian Pea Soup	Chicken Noodle	Cream of Mushroom	Sweet Potato Soup	Chicken Rice	Cream of Sausage Potato
Entrée 1	Assorted Sandwich Choice	Fresh Fruit Plate with Cottage Cheese & Baked Scone	Scrambled Egg With Smoked Salmon & Cream Cheese	Philly Cheese Steak Sub	Turkey & Swiss Sandwich	Pancakes Poached Eggs & Sausage	Reuben Sandwich
side	Cucumber Dill Salad	—	Coleslaw	Greek Salad	Macaroni Salad	Hashbrowns & Tomato Slices	Tossed Salad
Entrée 2	Lemon Chicken Wrap	Lazy Perogie Casserole	Strawberry Chicken Salad	Grilled Chicken Breast on Greek Salad	Assorted Pizza	Chicken wings & Hashbrowns	Octoberfest Hotdog w/ Sauerkraut
Side	Cucumber Dill Salad	Fresh Seasonal Fruit	—	Pita	Macaroni Salad	Tomato Slices	Tossed Salad
Dessert	Vanilla Pudding	Assorted Desserts	Ginger Snap & Dip	Yogurt Parfait	Jell-O	Assorted Desserts	Strawberry Crepe

Dinner

Appetizer	House Salad	* Broccoli Salad	* Orange & Spinach Salad	Cheese Fruit Plate	Mini Spring Rolls Plum Sauce	Creamed Pea Salad	German Cucumber Salad
Entrée 1	Beef Burgundy Pearl Onions Mushroom Bacon Stew	Grilled Pork Chop with Rosemary Maple Butter	Salisbury Steak Mushroom Gravy	BBQ Roasted Drumstick	Maple Glazed Salmon	Pork Souvlaki W/ Pita & Tzatziki	—
Side	—	Mashed Potatoes	Roasted Potatoes	Parslied Boiled Potatoes	Mini Roasted Red Potatoes	Steamed Rice	—
Entrée 2	English Bangers Fried Onions & Gravy	* Parmesan Crusted Chicken & Tomato Sauce	Potato & Chive Crusted Cod Remoulade Sauce	Lamb Shepherd Pie	Veal Cutlet W/ Gravy	Honey Garlic Meatballs	German Roasted Chicken
Side	French Fries	Mashed Potatoes	Roasted Potatoes	—	Mini Roasted Red Potatoes	Steamed Rice	Chive Mashed Potatoes
Vegetable	Carrot Coins	Peas & Carrots	French Green Beans	*Cauliflower	Sugar Snap Peas	Zucchini	Baby Carrots
Vegetable	Sauteed Bok Choy	—	Sauteed Bell Peppers	* Seasoned Broccoli	* Yellow Beets	Buttered Corn	French Green Beans
Dessert	* Peach Cobbler	Apple Crumble	Boston Cream Pie	<i>Pear Cobbler</i>	1/2 Hour Pudding	Cream Puff	German Chocolate Cake

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health

Reception Phone Number 780-808-2161

Living Loving Local

PEARS

* MENU'S SUBJECT TO CHANGE*

Breakfast - from 7-9am. Daily menu choices - Egg day is on wednesday, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea Available daily!