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January 26th – February 1st, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>Three Sisters Soup <i>50cal 1g sugar</i></p>	<p><u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>Cream of Cauliflower Soup <i>90cal 4g sugar</i> </p>	<p><u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>Tomato Basil Soup <i>40cal 3g sugar</i></p>	<p><u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>Borscht <i>100cal 2g sugar</i></p>	<p><u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>Chicken Noodle Soup <i>60cal 2g sugar</i>  </p>	<p><u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>Pea Soup <i>90cal 2g sugar</i></p>	<p><u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>Cream of Vegetable Soup <i>110cal 5g sugar</i></p>
<p><u>LUNCH</u> Chicken Parmesan Sandwich <i>690cal 4g sugar</i>   </p> <p>OR</p> <p>Halibut Caesar Salad <i>400cal 6g sugar</i>   </p>	<p><u>LUNCH</u> Battered Cod Fish Burger Crispy Fries & Coleslaw <i>660cal 12g sugar</i>    </p> <p>OR</p> <p>Grilled Beef & Cheddar Sandwich <i>760cal 4g sugar</i>   </p>	<p><u>LUNCH</u> Seared Salmon Waldorf Salad <i>300cal 13g sugar</i>   </p> <p>OR</p> <p>Monte Cristo Sandwich <i>360cal 2g sugar</i>   </p>	<p><u>LUNCH</u> Cabbage Rolls, Smoked Sausage, Buttered Pierogies <i>700cal 8g sugar</i>  </p> <p>OR</p> <p>Tuna Cheddar Melt <i>340cal 4g sugar</i>    </p>	<p><u>LUNCH</u> Pepperoni Mushroom and Peppers Pita Pizza <i>550cal 3g sugar</i>  </p> <p>OR</p> <p>Shrimp Louie Salad <i>220cal 4g sugar</i>  </p>	<p><u>LUNCH</u> Montreal Smoked Meat Sandwich <i>330cal 1g sugar</i>  </p> <p>OR</p> <p>Grilled Chicken Greek Salad <i>260cal 2g sugar</i> </p>	<p><u>LUNCH</u> Chilled Seafood Salad on Leafy Greens <i>320cal 22g sugar</i>    </p> <p>OR</p> <p>Ginger Chicken on Chow Mein Noodles Wonton Crisp <i>530cal 17g sugar</i>    </p>
<p><u>DESSERT</u> Apple Pie <i>240cal 28g sugar</i>   </p>	<p><u>DESSERT</u> Peaches and Cream <i>90cal 23g sugar</i> </p>	<p><u>DESSERT</u> Upside Down Pineapple Cake <i>320cal 42g sugar</i>   </p>	<p><u>DESSERT</u> Banana Layer Cake <i>120cal 12g sugar</i>   </p>	<p><u>DESSERT</u> Lemon Pie <i>210cal 16g sugar</i>   </p>	<p><u>DESSERT</u> Saskatoon Berry Crumble <i>140cal 14g sugar</i>   </p>	<p><u>DESSERT</u> Vanilla Passionfruit Cake <i>110cal 8g sugar</i>   </p>

Soup, Greens Salad or Caesar Salad Available with Lunch and Dinner, Followed by In House Made Dessert

Weekly Menu

January 26th – February 1st, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>DINNER</u> Braised Chicken Thigh, Bruschetta <i>280cal 6g sugar</i> OR Sole Florentine, Crisped Capers <i>190cal 3g sugar</i> 🐟</p>	<p><u>DINNER</u> Veal Marsala <i>190cal 1g sugar</i> OR Turkey Meatloaf, Sage Gravy <i>170cal 1g sugar</i> 🐟</p>	<p><u>DINNER</u> Garlic Herb Grilled Lamb Shoulder Chops <i>170cal 1g sugar</i> OR Seared Halibut, Lemon Sauce <i>310cal 2g sugar</i> 🥛 🐟</p>	<p><u>DINNER</u> Grilled Chicken Breast, Chicken Gravy <i>170cal 0g sugar</i> OR Beef Liver, Bacon & Onions <i>310cal 21g sugar</i></p>	<p><u>DINNER</u> Maui BBQ Pork Chops <i>530cal 12g sugar</i> OR Grilled Salmon, Dill Sauce <i>190cal 1g sugar</i> 🐟 🥛</p>	<p><u>DINNER</u> Seafood Marinara Orzo Pasta <i>460cal 9g sugar</i> 🐟 🌿 🐟 🦀 OR Honey Dijon Chicken <i>250cal 7g sugar</i> 🍯</p>	<p><u>DINNER</u> Glazed Baked Ham <i>200cal 2g sugar</i> OR Beef Stroganoff, Egg Noodles <i>190cal 1g sugar</i> 🥛 🐟 🌿</p>
<p><u>DESSERT</u> Chocolate Brownie <i>410cal 36g sugar</i> 🥛 🐟 🌿</p>	<p><u>DESSERT</u> Berry Cheesecake <i>180cal 13g sugar</i> 🥛 🌿 🐟</p>	<p><u>DESSERT</u> Tiramisu <i>210cal 0g sugar</i> 🥛 🌿</p>	<p><u>DESSERT</u> Strawberry Shortcake <i>570cal 22g sugar</i> 🥛 🐟 🌿</p>	<p><u>DESSERT</u> Carrot Cake <i>310cal 38g sugar</i> 🥛 🐟 🌿</p>	<p><u>DESSERT</u> Red Velvet Cake <i>310cal 36g sugar</i> 🥛 🐟 🌿</p>	<p><u>DESSERT</u> German Chocolate Cake <i>380cal 42g sugar</i> 🥛 🐟 🌿 🦀</p>

Soup, Greens Salad or Caesar Salad Available with Lunch and Dinner, Followed by In House Made Dessert

Feature Potato: Rosemary Mustard Roasted Potatoes
Menu Subject to Change

ALLERGENS



Egg



Fish



Dairy



Mustard



Peanut



Sesame



Soy



Tree Nuts



Wheat



Crustaceans