

Weekly Menu

January 26th – February 1st, 2026

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

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

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

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

