

Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST served with juice, coffee, tea						
Poached egg with bacon, toast and hash browns	Waffle with whipped cream and mixed berries	Scrambled eggs with sliced ham, served with fresh croissants	Cheese omelet served with fruit cup and toast	French toast with maple syrup	Choice of porridge, cold cereal, toast, yogurt or cottage cheese	Choice of porridge, cold cereal, toast, yogurt or cottage cheese
LUNCH entrées served with garden salad						
Pork chops in mushroom sauce, served with rice, chef's choice of vegetable and jellied fruit salad Chocolate pudding and whipped cream	Beef pot roast with whole baby potatoes and carrots, served with chef's choice of vegetable Chocolate pudding and whipped cream	Turkey pot pie served with chef's choice of vegetable Brownie's with fudge sauce	Round steak served with sautéed onions and mushrooms, baked potato with sour cream Vanilla ice cream	Liver and onions served with whipped potatoes and chef's choice of vegetable Angel food cake with strawberries and whipped cream	Meatloaf served with mashed potatoes and fresh cauliflower with cheese sauce Cherry tarts with whipped cream	Roast turkey with stuffing, mashed potatoes, gravy and cranberries, served with corn and dinner bun Apple pie with ice cream
DINNER entrées served with chef's choice of vegetable						
Chicken in cream sauce, served over linguine Pineapple upside-down cake	Open-faced creamed salmon and peas on toast Oatmeal cookies with maple-walnut ice cream	Grilled ham and cheese sandwich served with Waldorf salad White cake with lemon frosting	Chef salad with fresh garlic toast Matrimonial cake	Homemade chicken fingers with fries Ice cream	Quiche Lorraine served with fresh fruit cocktail Caramel pudding	Homemade chicken noodle soup with choice of tuna or egg salad sandwich on brown bread Fruit and Jell-O with whipped cream
Beverages available: orange, apple, grape and tomato juice; coffee; tea; milk; water						



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Moose Jaw's Age in Place Residence