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RESERVATIONS MAY BE MADE THROUGH THE DINING ROOM STAFF or by calling 204-594-2456. Guests Charges: Lunch $10.50 & Supper $15.00 plus taxes. **Please note: Menu Items are subject to change without notice. Check the Dining Room TV Menu Board for daily updated menu.**

Week 1

Lunch Served 11am - 1pm	**SUNDAY November 1**	**MONDAY November 2**	**TUESDAY November 3**	**WEDNESDAY November 4**	**THURSDAY November 5**	**FRIDAY November 6**	**SATURDAY November 7**
Soups	Soup of the Day	Tomato Basil	Ham & Pea	Cream of Mushroom	Beef Barley	Cabbage Borscht	Soup of the Day
Lunch Snack	Assorted Snack	Oatmeal Raisin Cookie		Assorted Snack	Mini Cheese Cake Bite		Assorted Snack
	Chicken Fingers with Honey Dill Dip & Broccoli Salad	Grilled Ham & Cheese Sandwich on Choice of Bread		Wally Burger (BBQ Sauce, Tomato, Lettuce) with Onion Rings	Toasted Denver Sandwich (Egg, Ham & Green Onion Omelette) on Choice of Bread		Eggs Benedict with Back Bacon on a Biscuit (Hollandaise Sauce & Poached Egg)
	Grilled Cheese with Bacon & Tomato Slices on choice of Bread	Beef Chili Poutine with Green Onions	Meat Tortietre with Gravy, Beet & Feta Salad	Chef Salad w/ Roasted Chicken, Boiled Egg, Candied Pecans & Cheese Cubes with a Bread Stick	Potato Cheddar Perogies, Sour Cream, Fried Onions, Bacon Bits & Kielbasa Sausage	Fancy Tuna Salad Sandwich with Cream Cheese & Cucumber	BLTC Sandwich (Bacon, Lettuce, Tomato, Cheese)
Supper Served 4:00pm - 6:30pm	BBQ Ribs	Sweet & Sour Chicken Balls with Fried Rice, Vegetable Spring Roll & Stir Fried Vegetables	Chicken Penne Alfredo with Garlic Toast & Tossed Salad	Oven Roasted 1/4 Chicken	Pork Schnitzel with Gravy, Scalloped Potatoes & Bistro Vegetable Mix	Pan Fried Pickerel with Boiled Potatoes, Tartar Sauce, Steamed Peas & Corn	Roasted Turkey Dinner
	served with			***Served with:***			**served with:**
	Baked Potato, Sour Cream, Corn Cob & Creamy Coleslaw	Ginger Beef with Fried Rice, Vegetable Spring Roll & Stir Fried Vegetables	Shrimp Skewers with Cocktail Sauce, Rice Pilaf & Steamed Vegetables	Mashed Potatoes, Gravy, Steamed Mixed Vegetables	Farmers Sausage, Scalloped Potatoes & Bistro Vegetable Mix	Beef Stew with a Bun, Steamed Peas & Corn	Mashed Potatoes, Gravy, Roasted Carrots & Brussels Sprouts
DESSERT included w/Supper	Banana Cream Pie	Pineapple Mango Pudding	Assorted Desserts	Tropical Fruit Salad	Strawberry Rhubarb Pie with Whipped Cream	Rice Pudding	Pumpkin Pie with Whipped Cream

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Week 2

Lunch Served 11am - 1pm	**SUNDAY November 8**	**MONDAY November 9**	**TUESDAY November 10**	**WEDNESDAY November 11**	**THURSDAY November 12**	**FRIDAY November 13**	**SATURDAY November 14**
Soups	Soup of the Day	Cream of Chicken & Vegetable	Beef Barley	Cream of Mushroom & Wild Rice	Minestrone	Zumma Borscht	Soup of the Day
Lunch Snack	Assorted Snack	Mini Danish		Assorted Snack	Shortbread Cookie		Assorted Snack
	Suzy Q Cart Scrambled Eggs, Bacon, Sausage, Waffles, Hashbrown Patty & Fruit Salad	Grilled Ham & Cheese Sandwich on Choice of Bread		Chef Salad w/ Boiled Egg, Candied Pecans & Cheese Cubes with a Bread Stick	Tuna Melt with Tomato Slices on French Bread		Spinach & Mushroom Omelette with Hash Brown Patty & Fruit Salad
		BBQ Chicken Wings or Plain Chicken Wings with Broccoli Salad	Vegetarian Pizza OR Meat Lovers Pizza	Chicken Banh Mi Sandwich with Pickled Vegetables	Beef Taco Salad (Green Onion, Cheese, Diced Tomato) with Salsa & Sour Cream	Roasted Chicken Burger (Tomato, Lettuce, Mayo) with Onion Rings	Cinnamon French Toast with Grilled Ham & Fruit Salad
Supper Served 4:00pm - 6:30pm	Roast Beef Dinner	Porkchops with Gravy, Mashed Potatoes, Steamed Peas & Steamed Carrots	Haddock Fish & Chips with Oil & Vinegar Colesalw	Beef Lasagna with Garlic Toast & Tosssed Salad	Cottage Cheese Perogies w/ Fried Onions, Cream Sauce & Farmer Sausage	Pan Fried Pickerel, Boiled Potatoes, Corn on the Cob & Peas	Grilled Chicken Thighs with Mushroom Cream Sauce, Mashed Potatoes & Steamed Vegetables
	Gravy, Scalloped Potatoes, Mini Yorkshire Pudding & Honey Dill Carrots	Shrimp Skewers with Cocktail Sauce, Mashed Potatoes, Steamed Peas & Steamed Carrots	Bangers (Sausage) and Mashed Potatoes with Gravy & Steamed Vegetable Medley	Three Cheese Tortellini with Grilled Chicken & Rose Sauce, Garlic Toast & Tossed Salad	Teriyaki Chicken Strips with Rice Pilaf & PEI Vegetable Mix	Meatloaf with Ketchup Sauce, Boiled Potatoes & Bistro Vegetable Mix	Swiss Steak (Tomato Sauce), Mashed Potatoes & Steamed Vegetables
DESSERT included w/Supper	Banana Cream Pie	Chocolate Pudding with Whipped Cream	Assorted Desserts	Tiramisu	Fresh Fruit Salad with Grapes	Tapioca Pudding	Ice Cream Cones

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Week 3							
Lunch Served 11am - 1pm	**SUNDAY November 15**	**MONDAY November 16**	**TUESDAY November 17**	**WEDNESDAY November 18**	**THURSDAY November 19**	**FRIDAY November 20**	**SATURDAY November 21**
Soups	Soup of the Day	Potato Bacon	Hearty Vegetable with Rice	Turkey Noodle	TBD	Lentil	Soup of the Day
Lunch Snack	Assorted Snack	Brownies		Assorted Snack	TBD	Rice Crispie Square	Assorted Snack
	Oatmeal with Raisin Toast, Cheese Sticks, Fruit Slices & Yogurt Cup	Grilled Cheese with Bacon & Tomato Slices on choice of Bread		Chicken Fingers with Honey Dill Dip & Broccoli Salad	TBD	Grilled Turkey, Basil Pesto & Cheddar Cheese Sandwich on Marble Rye	BLTC Sandwich (Bacon, Lettuce, Tomato, Cheese)
	Bratwurst on a Bun with Sauerkraut	Fish Filet Burger (Tartar Sauce, Pickles, Cheese) with Creamy Coleslaw on the Side	Chopped Ham & Relish Sandwich	Hot Turkey Sandwich with Gravy	TBD	Hot Roast Beef Sandwich with Gravy on Choice of Bread	Eggs Benedict with Ham on a Biscuit (Hollandaise Sauce & Poached Egg)
Supper Served 4:00pm - 6:30pm	Baked Ham with Apple Sauce, Boiled Potatoes, Steamed Carrots & Brussels Sprouts	Swedish Meatballs with Mashed Potatoes, Roasted Beets & Steamed Corn	Coconut Crusted Shrimp with Roasted Potatoes & Steamed Vegetable Medley	Roast Beef Dinner ***Served with:***	Sweet & Sour Chicken Balls with Vegetabke Chow Mein Noodles, Vegetable Spring Roll & Stir Fried Vegetables	Pan Fried Pickerel, Boiled Potatoes, Steamed Peas & Carrots	Roasted Turkey Dinner ***Served with:***
	Shepherds Pie with Gravy, Steamed Carrots & Brussels Sprouts	Roasted Pork Loin with Gravy, Mashed Potatoes, Roasted Beets & Steamed Corn	Beef Cabbage Rolls with Roasted Potatoes & Steamed Vegetable Medley	Gravy, Scalloped Potatoes & Steamed Bistro Vegetable Mix	Teriyaki Spare Ribs with Vegetable Chow Mein Noodles, Vegetable Spring Roll & Stir Fried Vegetables	Vegetarian Lasagna with Garlic Toast and Caesar Salad	Gravy, Stuffing, Mashed Potato and Yam, Steamed Carrots & Peas
DESSERT included w/Supper	German Chocolate Cake	Pumpkin Pie with Whipped Cream	Assorted Dessert	Stained Glass Jello	Strawberry Pudding	Rice Pudding	Frozen Yogurt Bar

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Week 4

Lunch Served 11am - 1pm	**SUNDAY November 22**	**MONDAY November 23**	**TUESDAY November 24**	**WEDNESDAY November 25**	**THURSDAY November 26**	**FRIDAY November 27**	**SATURDAY November 28**
Soups	Soup of the Day	Cabbage Borscht	Chicken & Rice	No Soup	Cream of Mushroom	Carrot Almond	Soup of the Day
Lunch Snack	Assorted Snack	Nanaimo Square		Assorted Snack	Mini Assorted Croissant		Assorted Snack
Sandwich Plates (include Soup, Salad & Lunch Snack)	Pancakes with Fruit Sauce, Sausage & Fruit Salad	Smoked Turkey Club Sub (Bacon, Turkey, Cheese, Tomato, Lettuce)		Eggs (Most Styles) with Bacon OR Sausage, Hash Brown Patty, Fruit Salad & Choice of Toast	Toasted Denver Sandwich (Egg, Ham & Green Onion Omelette) on Choice of Bread		Smoked Salmon & Dill Quiche with Fruit Slice
Includes Lunch S							
	Hot Turkey Sandwich with Gravy & Sweet Potato Fries	Poutine (Fries, Cheese, Gravy) with Bacon Bits & Green Onions	Chicken Shawarma on Pita Bread	Chicken Salad on a Kiaser Bun with Tossed Salad	Cottage Cheese Perogies w/ Fried Onions, Cream Sauce & Farmer Sausage	Fancy Tuna Salad Sandwiches w/ Cream Cheese, Tomatoes & Cucumbers	Grilled Cinnamon Bun with Fruit Slices, Yogurt & Cheese Sticks
Supper Served 4:00pm - 6:30pm	Beef Stew with Mashed Potatoes & a Bun	Salisbury Steak with Onion Gravy, Mashed Potatoes & Steamed California Vegetable Mix	Roasted Chicken Legs with Gravy, Mashed Potatoes, Bistro Vegetable Mix	BBQ Ribs ***Served with:***	Ginger Beef, Sweet & Sour Pork Bites, Vegetable Lo Mein Noodles, Stir Fried Vegetables, Vegetable Spring Rolls & Fortune Cookie	Haddock Fish & Chips with Oil & Vinegar Coleslaw	Grilled Chicken Breast with Salsa and Bell Peppers ***Served with:***
	Chicken A La King with Mashed Potatoes & a Bun	Turkey Schnitzel with Onion Gravy, Mashed Potatoes & Steamed California Vegetable Mix	Meatloaf with Ketchup Sauce, Mashed Potatoes & Bistro Vegetable Mix	Baked Potato with Sour Cream, Baked Beans & Creamy Coleslaw		Beef Stroganoff with Egg Noodles, Steamed Corn & Garlic Toast	Lemon Potatoes, Oven Roasted Zucchini & Carrots
DESSERT included w/Supper	Black Forest Cake	Strawberry Cream Pie	Assorted Desserts	Biscoff Bread Pudding	Fresh Fruit Salad with Berries	Rice Pudding	Cupcakes with Icing

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Week 5

Lunch Served 11am - 1pm	**SUNDAY November 29**	**MONDAY November 30**	**TUESDAY December 1**	**WEDNESDAY December 2**	**THURSDAY December 3**	**FRIDAY December 4**	**SATURDAY December 5**
Soups	Soup of the Day	Lemon Chicken & Rice	Italian Wedding	Chicken Noodle	Coconut Curry	Fagioli (Italian Pasta & Beans)	Soup of the Day
Lunch Snack	Assorted Snack	Mini Cream Puffs		Assorted Snack	Mini Peanut Butter Tarts		Assorted Snack
	Suzy Q Cart Scrambled Eggs, Bacon, Sausage, Waffles, Hashbrown Patty & Fruit Salad	Fried Egg, Cheese & Back Bacon on a Toasted Bagel Sandwich		Pancakes with Syrup, Sausage & Fruit Salad	Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese on Marble Rye Bread		All Beef Hotdog with Fried Onions & Tossed Salad
		BBQ Chicken Pizza OR Mediterranean Vegetarian Pizza w/ Tossed Salad	Chicken Finger with Honey Dill Dip & Fries	Chicken Taco Salad (Lettuce, Diced Tomato, Green Onion, Seasoned Diced Chicken) with Salsa & Sour Cream	Chicken Wellington with Cream Sauce	Bacon Cheeseburger (Bacon, Cheese, Tomato, Lettuce & Mayo) with Onion Rings	French Toast with Syrup, Fruit Slices & Grilled Ham
Supper Served 4:00pm - 6:30pm	Chicken Teriyaki Strips with Boiled Potatoes & Honey Glazed Carrots	Spaghetti & Meat Sauce with Caesar Salad & Garlic Toast	Shrimp Skewers with Cocktail Sauce, Rice Pilaf & Cauliflower Apple Salad	Pot Roast in Gravy **Served with:**	Cottage Cheese Perogies with Cream Sauce, Fried Onions, Farmer Sausage & Bistro Vegetable Mix	Baked Salmon w/ Fresh Dill, Lemon Potatoes, Steamed Broccoli & Cauliflower	Broccoli & Cheese Stuffed Chicken Breast ***Served with:***
	Baked Ham, Apple Sauce, Boiled Potatoes & Honey Glazed Carrots	Mild coconut Chicken Curry with Basmai Rice & Steamed Carrots & Peas	Roast Pork Tenderloin, Mushroom Cream Sauce, Rice Pilaf & Steamed Vegetable Medley	Mashed Potatoes, Corn on the cob & Mixed Vegetables	Filipino BBQ Pork Skewers, Roasted Potatoes & Bistro Vegetable Mix	Beef Lasagna with Caesar Salad & Garlic Toast	Cream Sauce, Steamed Baby Potatoes with Steamed Vegetable Medley
DESSERT included w/Supper	Coconut Cream Pie	Butterscotch Pudding with Whipped Cream	Assorted Desserts	Fruit Cocktail	Peach Crisp with Vanilla Ice Cream Cup	Rice Pudding	Assorted Ice Cream Sandwiches