



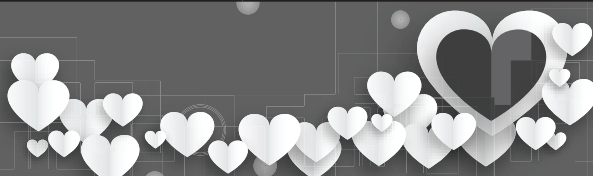
MOW MENU ~ FEBRUARY 2019



Lunch served from 10:45 am ~ 12:15 pm • Menu subject to change without notice



Happy Valentine's



Friday, February 1

Entree: Chicken Stir-Fry
Potato: Rice
Soup: Chef's Choice

Monday, February 4

Tuesday, February 5

Wednesday, February 6

Thursday, February 7

Friday, February 8

Entree: Pork Schnitzel
Potato: Mashed with Gravy
Soup: Chef's Choice

Entree: Pan Fried Salmon
Potato: Roasted
Soup: Chef's Choice

Entree: Honey Garlic Roast Pork
Potato: Rice
Soup: Chef's Choice

Entree: Meatloaf
Potato: Mashed with Gravy
Soup: Chef's Choice

Entree: Chicken Cacciatore
Potato: Rotini Pasta
Soup: Chef's Choice

Monday, February 11

Tuesday, February 12

Wednesday, February 13

Thursday, February 14

Friday, February 15

Entree: Cabbage Rolls
Potato: Perogies & Onions
Soup: Chef's Choice

Entree: Chicken Pot Pie
Potato: Mashed with Gravy
Soup: Chef's Choice

Entree: Shepherd's Pie
Potato:
Soup: Chef's Choice

Entree: Stuffed Chicken Breast
Potato: Rice Pilaf
Soup: Chef's Choice

Entree: Roast Pork Loin
with Apple Sauce
Potato: Mashed with Gravy
Soup: Chef's Choice

Monday, February 18

Tuesday, February 19

Wednesday, February 20

Thursday, February 21

Friday, February 22

**LSCO CLOSED
for Family Day**

Entree: Beer Battered Cod
Potato: Roasted Baby Potatoes
Soup: Chef's Choice

Entree: Lasagne
Potato: Garlic Bun
Soup: Chef's Choice

Entree: Liver & Onions
Potato: Mashed with Gravy
Soup: Chef's Choice

Entree: Roast Beef Dinner
Potato: Roasted
Soup: Chef's Choice

Monday, February 25

Tuesday, February 26

Wednesday, February 27

Thursday, February 28

Entree: Teriyaki Chicken
Potato: Rice
Soup: Chef's Choice

Entree: Spaghetti & Meat Sauce
Potato: Garlic Bun
Soup: Chef's Choice

Entree: Beef Stroganoff
Potato: Egg Noodles
Soup: Chef's Choice

Entree: Roasted BBQ Chicken
Potato: Roasted Yams
Soup: Chef's Choice

