



# MOW MENU ~ JULY 2019



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

## Monday, July 1

**LSCO CLOSED  
for Canada Day**

## Tuesday, July 2

**Entree:** Sweet & Sour Meatballs  
**Potato:** Rice  
**Soup:** Chef's Choice

## Wednesday, July 3

**Entree:** Veal Cutlets  
**Potato:** Scalloped  
**Soup:** Chef's Choice

## Thursday, July 4

**Entree:** Meatloaf  
**Potato:** Roasted  
**Soup:** Chef's Choice

## Friday, July 5

**Entree:** Roasted Chicken  
**Potato:** Mashed  
**Soup:** Chef's Choice

## Monday, July 8

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

## Tuesday, July 9

**Entree:** Chicken Santa Fe  
**Potato:** Rice  
**Soup:** Chef's Choice

## Wednesday, July 10

**Entree:** BBQ Pork Chops  
**Potato:** Roasted  
**Soup:** Chef's Choice

## Thursday, July 11

**Entree:** Stuffed Sole  
**Potato:** Rice  
**Soup:** Chef's Choice

## Friday, July 12

**Entree:** Roast Beef  
**Potato:** Mashed  
**Soup:** Chef's Choice

## Monday, July 15

**Entree:** Italian Sausage  
**Potato:** Roasted  
**Soup:** Chef's Choice

## Tuesday, July 16

**Entree:** Maple Glazed Salmon  
**Potato:** Rice  
**Soup:** Chef's Choice

## Wednesday, July 17

**Entree:** Ginger Beef  
**Potato:** Spring Rolls  
**Soup:** Chef's Choice

## Thursday, July 18

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

## Friday, July 19

**Entree:** Ham  
**Potato:** Scalloped  
**Soup:** Chef's Choice

## Monday, July 22

**Entree:** Roasted Chicken Breast  
**Potato:** Rice  
**Soup:** Chef's Choice

## Tuesday, July 23

**Entree:** Salisbury Steak  
**Potato:** Roasted  
**Soup:** Chef's Choice

## Wednesday, July 24

**Entree:** Lasagna  
**Potato:** Garlic Bread  
**Soup:** Chef's Choice

## Thursday, July 25

**Entree:** Bacon & Chive Quiche  
**Potato:** Hash Browns  
**Soup:** Chef's Choice

## Friday, July 26

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

## Monday, July 29

**Entree:** Fried Chicken  
**Potato:** Spicy Potato Wedges  
**Soup:** Chef's Choice

## Tuesday, July 30

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

## Wednesday, July 31

**Entree:** BBQ Pork Ribs  
**Potato:** Rice Pilaf  
**Soup:** Chef's Choice

