

# MOW MENU ~ SEPTEMBER 2019

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

**Monday, September 2**

**LSCO CLOSED  
for Labour Day**

**Tuesday, September 3**

**Entree:** Breaded Pork Cutlet  
**Potato:** Roasted  
**Soup:** Chef's Choice

**Wednesday, September 4**

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

**Thursday, September 5**

**Entree:** Mushroom Pork Chop  
**Potato:** Pan Fried  
**Soup:** Chef's Choice

**Friday, September 6**

**Entree:** Southern Fried Chicken  
**Potato:** Mashed with Gravy  
**Soup:** Chef's Choice

**Monday, September 9**

**Entree:** Beef Stew  
**Potato:** Fresh Bun & Butter  
**Soup:** Chef's Choice

**Tuesday, September 10**

**Entree:** Beef Battered Cod  
**Potato:** Pan Fried  
**Soup:** Chef's Choice

**Wednesday, September 11**

**Entree:** Cabbage Rolls  
**Potato:** Perogies  
**Soup:** Chef's Choice

**Thursday, September 12**

**Entree:** Veal Cutlet  
**Potato:** Rice  
**Soup:** Chef's Choice

**Friday, September 13**

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

**Monday, September 16**

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

**Tuesday, September 17**

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

**Wednesday, September 18**

**Entree:** Pulled BBQ Pork  
**Potato:** Baked Beans  
**Soup:** Chef's Choice

**Thursday, September 19**

**Entree:** Salisbury Steak  
**Potato:** Mashed with Gravy  
**Soup:** Chef's Choice

**Friday, September 20**

**Entree:** Roast Pork & Apple Sauce  
**Potato:** Steamed with Gravy  
**Soup:** Chef's Choice

**Monday, September 23**

**Entree:** Chicken Parmesan  
**Potato:** Rice  
**Soup:** Chef's Choice

**Tuesday, September 24**

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

**Wednesday, September 25**

**Entree:** Shepherd's Pie  
**Potato:** Fresh Bun with Butter  
**Soup:** Chef's Choice

**Thursday, September 26**

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

**Friday, September 27**

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

**Monday, September 30**

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

*If you've never experienced the joy of accomplishing  
more than you can imagine, plant a garden.*

~ Robert Brault