



MOW MENU ~ JANUARY 2021



Lunch served from 10:45 am ~ 12:15 pm • Menu subject to change without notice • 403-327-7990

Monday, January 4

Tuesday, January 5

Wednesday, January 6

Thursday, January 7

Friday, January 8

Entree: Sweet & Sour Pork
Starch: Rice
Soup: Chef's Choice

Entree: Herbed Chicken
Starch: Pasta
Soup: Chef's Choice

Entree: Beef Stew
Starch: Steamed Potatoes
Soup: Chef's Choice

Entree: Orange Chicken
Starch: Rice
Soup: Chef's Choice

Entree: Liver & Onions
Starch: Mashed Potatoes
Soup: Chef's Choice

Monday, January 11

Tuesday, January 12

Wednesday, January 13

Thursday, January 14

Friday, January 15

Entree: Chicken Pot Pie
Starch: Lentil Salad
Soup: Chef's Choice

Entree: Pork Cutlet
Starch: Polenta
Soup: Chef's Choice

Entree: Fried Chicken
Starch: Hash Brown Casserole
Soup: Chef's Choice

Entree: Ginger Beef
Starch: Rice
Soup: Chef's Choice

Entree: Ham
Starch: Scalloped Potatoes
Soup: Chef's Choice

Monday, January 18

Tuesday, January 19

Wednesday, January 20

Thursday, January 21

Friday, January 22

Entree: Italian Sausage
Starch: Mac & Cheese
Soup: Chef's Choice

Entree: Mexican Beef
Starch: Rice
Soup: Chef's Choice

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

Entree: Turkey Cutlet
Starch: Steamed Potatoes
Soup: Chef's Choice

Entree: Roast Pork
Starch: Mashed Potatoes
Soup: Chef's Choice

Monday, January 25

Tuesday, January 26

Wednesday, January 27

Thursday, January 28

Friday, January 29

Entree: Lasagna
Starch: Garlic Toast
Soup: Chef's Choice

Entree: Bacon Wrapped Salmon
Starch: Rice
Soup: Chef's Choice

Entree: Cabbage Roll Casserole
Starch: Steamed Potatoes
Soup: Chef's Choice

Entree: Pork Sausage
Starch: Perogies
Soup: Chef's Choice

Entree: Roast Beef
Starch: Mashed Potatoes
Soup: Chef's Choice