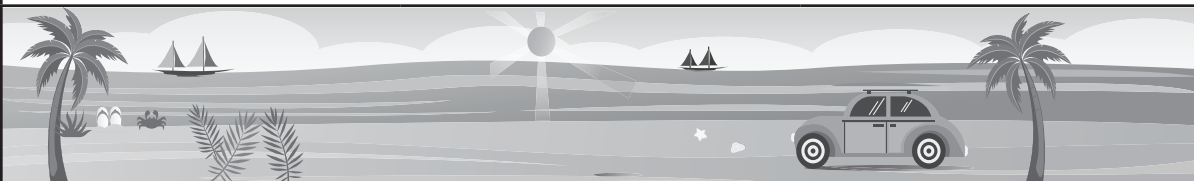




MOW MENU ~ JULY 2021

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



Thursday, July 1

Friday, July 2

**LSCO Closed
for Canada Day**

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

Monday, July 5

Tuesday, July 6

Wednesday, July 7

Thursday, July 8

Friday, July 9

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

Entree: Quiche
Starch: Hash Browns
Soup: Chef's Choice

Entree: Tuna Casserole
Starch: Pasta
Soup: Chef's Choice

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

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

Monday, July 12

Tuesday, July 13

Wednesday, July 14

Thursday, July 15

Friday, July 16

Entree: Stroganoff Meatballs
Starch: Pasta
Soup: Chef's Choice

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

Entree: Chicken Santa Fe
Starch: Rice
Soup: Chef's Choice

Entree: Salisbury Steak
Starch: Oven Roasted Potatoes
Soup: Chef's Choice

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

Monday, July 19

Tuesday, July 20

Wednesday, July 21

Thursday, July 22

Friday, July 23

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

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

Entree: Meatloaf
Starch: Steamed Potatoes
Soup: Chef's Choice

Entree: Pork Sausage
Starch: Hash Brown Casserole
Soup: Chef's Choice

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

Monday, July 26

Tuesday, July 27

Wednesday, July 28

Thursday, July 29

Friday, July 30

Entree: Weiners & Beans
Starch: Mac & Cheese
Soup: Chef's Choice

Entree: Stuffed Peppers
Starch: Steamed Potatoes
Soup: Chef's Choice

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

Entree: Honey/Garlic Chicken Thighs
Starch: Rice
Soup: Chef's Choice

Entree: BBQ Pork Chop
Starch: Cheesy Polenta
Soup: Chef's Choice