



MOW MENU ~ JANUARY 2022



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

Monday, January 3

Tuesday, January 4

Wednesday, January 5

Thursday, January 6

Friday, January 7

LSCO Closed in lieu of New Year's Day

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

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

Entree: Chicken Enchilada Casserole
Starch:
Soup: Chef's Choice

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

Monday, January 10

Tuesday, January 11

Wednesday, January 12

Thursday, January 13

Friday, January 14

Entree: Bangers & Mash
Starch:
Soup: Chef's Choice

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

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

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

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

Monday, January 17

Tuesday, January 18

Wednesday, January 19

Thursday, January 20

Friday, January 21

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

Entree: Cheese Burger
Starch: Pasta
Soup: Chef's Choice

Entree: Asian Pork Strips
Starch: Rice
Soup: Chef's Choice

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

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

Monday, January 24

Tuesday, January 25

Wednesday, January 26

Thursday, January 27

Friday, January 28

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

Entree: Corned Beef & Cabbage
Starch: Steamed Potatoes
Soup: Chef's Choice

Entree: Terikayi Pineapple Chicken
Starch: Pasta
Soup: Chef's Choice

Entree: Pepper Steak Strips
Starch: Rice
Soup: Chef's Choice

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

Monday, January 31

Entree: BBQ Meatballs
Starch: Rice
Soup: Chef's Choice

