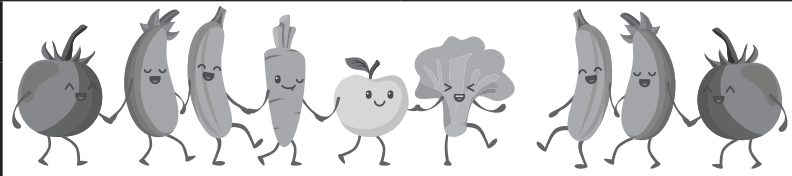




MOW MENU ~ JUNE 2022



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



Wednesday, June 1

Entree: Chicken
Starch: Macaroni & Cheese
Soup: Chef's Choice

Thursday, June 2

Entree: BBQ Pork Chops
Starch: Roasted Potatoes
Soup: Chef's Choice

Friday, June 3

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

Monday, June 6

Entree: Pepper Steak
Starch: Roasted Potatoes
Soup: Chef's Choice

Tuesday, June 7

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

Wednesday, June 8

Entree: Lasagna
Starch:
Soup: Chef's Choice

Thursday, June 9

Entree: Teriyaki Chicken Breast
Starch: Rice
Soup: Chef's Choice

Friday, June 10

Entree: Hot Beef
Starch: Roasted Potatoes
Soup: Chef's Choice

Monday, June 13

Entree: Hot Hamburger & Gravy
Starch: Mashed Potatoes
Soup: Chef's Choice

Tuesday, June 14

Entree: Honey Garlic Pork
Starch: Rice
Soup: Chef's Choice

Wednesday, June 15

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

Thursday, June 16

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

Friday, June 17

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

Monday, June 20

Entree: Shake & Bake Chicken Thighs
Starch: Roasted Potatoes
Soup: Chef's Choice

Tuesday, June 21

Entree: Salisbury Steak
Starch: Mashed Potatoes
Soup: Chef's Choice

Wednesday, June 22

Entree: Chicken Alfredo
Starch: Penne
Soup: Chef's Choice

Thursday, June 23

Entree: Beef Pot Pie
Starch: Roasted Potatoes
Soup: Chef's Choice

Friday, June 24

Entree: Chicken Chow Mein
Starch:
Soup: Chef's Choice

Monday, June 27

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

Tuesday, June 28

Entree: BBQ Chicken Legs
Starch: Rice
Soup: Chef's Choice

Wednesday, June 29

Entree: Honey Garlic Pork
Starch: Rice
Soup: Chef's Choice

Thursday, June 30

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

It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside. ~ Maud Hart Lovelace