



MOW MENU ~ JULY 2022

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



Friday, July 1

**LSCO Closed
for Canada Day**

Monday, July 4

Tuesday, July 5

Wednesday, July 6

Thursday, July 7

Friday, July 8

Entree: Chicken Stir Fry
Starch: Rice
Soup: Chef's Choice

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

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

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

Entree: Fried Chicken
Starch: Roasted Potatoes
Soup: Chef's Choice

Monday, July 11

Tuesday, July 12

Wednesday, July 13

Thursday, July 14

Friday, July 15

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

Entree: Chicken Cordon Bleu
Starch: Rice
Soup: Chef's Choice

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

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

Entree: Penne & Meatballs
Starch: Garlic Toast
Soup: Chef's Choice

Monday, July 18

Tuesday, July 19

Wednesday, July 20

Thursday, July 21

Friday, July 22

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

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

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

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

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

Monday, July 25

Tuesday, July 26

Wednesday, July 27

Thursday, July 28

Friday, July 29

Entree: Pork Meatloaf
Starch: Mashed Potatoes & Gravy
Soup: Chef's Choice

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

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

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

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