



MOW MENU ~ OCTOBER 2022

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



Monday, October 3

Tuesday, October 4

Wednesday, October 5

Thursday, October 6

Friday, October 7

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

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

Entree: Italian Meatballs
Starch: Penne & Meat Sauce
Soup: Chef's Choice

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

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

Monday, October 10

Tuesday, October 11

Wednesday, October 12

Thursday, October 13

Friday, October 14

**LSCO Closed
for Thanksgiving**

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

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

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

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

Monday, October 17

Tuesday, October 18

Wednesday, October 19

Thursday, October 20

Friday, October 21

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

Entree: Fried Chicken
Starch: Mashed Potatoes & Gravy
Soup: Chef's Choice

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

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

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

Monday, October 24

Tuesday, October 25

Wednesday, October 26

Thursday, October 27

Friday, October 28

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

Entree: Beef Stir Fry
Starch: Egg Noodles
Soup: Chef's Choice

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

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

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

Monday, October 31

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

EVERYDAY IS GOOD DAY TO BE

Kind & Thankful