

Summer Menu 1

June 29th - July 5th

| MONDAY 29 | TUESDAY 30 | WEDNESDAY 1 | THURSDAY 2 | FRIDAY 3 | SATURDAY 4 | SUNDAY 5 |
|--|---|--|--|--|---|---|
| <p>Toast Milk, Coffee, Juice Oatmeal, Cream Of Wheat Dry Cereal Yogurt Poached Eggs Prunes</p> | <p>Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Fried Eggs Turkey Sausage Prunes</p> | <p>CANADA DAY!! Toast Milk, Coffee, Juice Oatmeal, Sunny Boy Cereal Dry Cereal Yogurt Scrambled Eggs Prunes</p> | <p>Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Warm Cinnamon Buns Prunes</p> | <p>Toast Milk, Coffee, Juice Oatmeal, Cream Of Wheat Dry Cereal Yogurt Poached Eggs Ham Prunes</p> | <p>Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Scrambled Eggs Prunes</p> | <p>Toast Milk, Coffee, Juice Oatmeal, Sunny Boy Cereal Dry Cereal Yogurt Hard Boiled Eggs Prunes</p> |
| <p>Curry Sweet Potato & Rice (GF-DF)</p> <p>Creamy Tropical Pizza Alfredo Sauce, Ham, Pineapple Bacon, Mozzarella Cheese Veggies & French Onion Dip</p> <p>...or...</p> <p>MKC Cold Plate</p> <p>Chef's Choice</p> | <p>Chicken Noodle (DF)</p> <p>BBQ DAY!! Choice of Beef Hot Dog or Beef Hamburger Canadian Poutine Fresh Watermelon</p> <p>...or...</p> <p>Egg Salad Sandwich</p> <p>Warm Brownie Sundae - Raspberry Sauce</p> | <p>Split Pea Soup (GF-DF)</p> <p>Peameal Bacon on a Kaiser Bun Mayo, Lettuce, Tomato, Fried Peameal Bacon</p> <p>Corn on the Cob Baked Beans</p> <p>...or...</p> <p>Honey Dill Chicken Salad Sandwich</p> <p>Nanaimo Bar</p> | <p>Tomato & White Bean Soup (GF-DF)</p> <p>Egg & Cheese Breakfast Burrito Shredded Hashbrowns Salsa & Sour Cream</p> <p>...or...</p> <p>Seafood Salad Sandwich</p> <p>Jell-O</p> | <p>Swiss Onion (GF)</p> <p>Toasted Turkey on Rye Sliced Turkey, Mayo, Lettuce, Tomato, Rye Bread Beet & Blueberry Salad</p> <p>...or...</p> <p>MKC Cold Plate</p> <p>Puffed Wheat Cake</p> | <p>Vegetable Rice (GF-DF)</p> <p>Tuna Melt Yorkshire Yorkshire Pudding, Tuna Salad, Cheddar Creamy Cucumber Salad Dill Pickle</p> <p>...or...</p> <p>Turkey Salad Sandwich</p> <p>Fresh Fruit Salad</p> | <p>Potato Bacon (GF)</p> <p>Chicken Strips & Fries 4 Bean Salad Honey Dill Sauce</p> <p>...or...</p> <p>MKC Cold Plate</p> <p>Assorted Dainties</p> |
| <p>Spaghetti & Meat Sauce Garlic Breadstick Side Salad Gluten free pasta & Cream Sauce available</p> <p>...or...</p> <p>Strawberry Spinach Salad (GF) Spinach, Lettuce, Red Onion, Strawberries Toasted Pecans & Seeds, Cucumber Goat Cheese, Balsamic Dressing Garlic Breadstick</p> <p>Roll, Tomato Juice</p> <p>Peanut Butter & Jam Bread Pudding</p> | <p>Oven Baked Lemon Chicken Breast (GF-DF)</p> <p>Roasted Asparagus Creamy Leek & Mushroom Orzo Pasta Plain Chicken Available</p> <p>...or...</p> <p>French Toast Fresh Strawberries Whip Cream</p> <p>Roll, Tomato Juice</p> <p>Blueberry Clafouti</p> | <p>Traditional Tourtiere Pies (GF)</p> <p>Maple Glazed Roasted Rutabaga & Yam Mashed Potato, Gravy Pickled Beets</p> <p>...or...</p> <p>Pan Seared Pickerel Maple Glazed Roasted Rutabaga & Yam Mashed Potato, Gravy Saskatoon Berry Tartar</p> <p>Roll, Tomato Juice</p> <p>Sugar Pie</p> | <p>Pepper Steak (GF-DF)</p> <p>Tender Beef Strips, Red & Green Peppers Sesame Soy Broccoli Pancit Noodles</p> <p>...or...</p> <p>Honey Garlic Chicken Quarters Sesame Soy Broccoli Pancit Noodles</p> <p>Roll, Tomato Juice</p> <p>Banana Foster Cobbler</p> | <p>Oven Baked Salmon (GF-DF)</p> <p>Lemon Caper Butter Buttered Peas Long Grain Rice</p> <p>...or...</p> <p>"BIG MAC" Salad Iceberg, Lettuce, Ground Beef, Onion Croutons, Cheddar, Pickles, Mac Sauce Garlic Bread knots</p> <p>Roll, Tomato Juice</p> <p>Cheesecake Night!</p> | <p>Chicken Broccoli Cheddar Pot Pie Green Bean Almondine Boiled Potato Chicken Gravy Gluten Free Chicken Available</p> <p>...or...</p> <p>Strawberry Spinach Salad (GF) Spinach, Lettuce, Red Onion, Strawberries Toasted Pecans & Seeds, Cucumber Goat Cheese Balsamic Vinaigrette</p> <p>Roll, Tomato Juice</p> <p>Banana Cream Pie</p> | <p>House made Corned Beef (GF-DF) Sweet & Sour Cabbage Boiled Potato Fresh Baked Soda Bread</p> <p>Roll, Tomato Juice</p> <p>Pecan Pie</p> |

GF = Gluten Free

DF = Dairy Free

- All Sandwiches Can Be Made GLUTEN FREE. Bring your bread in!!!
- Apples, oranges, and Bananas are available at each meal only as a dessert substitute.

• Menus may be changed due to product availability and shortages which are out of our control.