



Lunch at the Cridge - Menu for March 2020



Fresh sandwiches made daily as an option - Various selections
 Tossed Green Salad always available w/ choice of fresh made dressings
 Bread always available upon request
 Coffee, Tea, Juice or Milk
 Fresh Fruit, Yogurt or Ice Cream is available as a dessert option

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 <i>Soup of the Day</i> <i>Sausages and Scrambled Eggs</i> <i>Hash Browns and Toast</i></p> <p><i>Fresh Fruit</i></p>	<p>2 <i>Soup of the Day</i> <i>Chicken Strips</i> <i>Tossed Greens</i> <i>Honey Mustard Sauce</i></p> <p><i>Coconut Kisses</i></p>	<p>3 <i>Soup of the Day</i> <i>Pierogis</i> <i>Fried Onions and Bacon</i> <i>Sour Cream</i></p> <p><i>Fresh Fruit</i></p>	<p>4 <i>Soup of the Day</i> <i>Chef's Salad</i> <i>Warm Baguette</i></p> <p><i>Fresh Fruit</i></p>	<p>5 <i>Soup of the Day</i> <i>Chef's Creation Quiche</i> <i>Garden Salad</i></p> <p><i>Fresh Fruit</i></p>	<p>6 <i>Soup of the Day</i> <i>Rainbow Tortellini</i> <i>with Meat Sauce</i></p> <p><i>Fresh Fruit</i></p>	<p>7 <i>Soup of the Day</i> <i>Cranberry Orange Scone</i> <i>Cottage Cheese</i> <i>Fresh Fruit</i></p> <p><i>Jell-O</i></p>
<p>8 <i>Soup of the Day</i> <i>Potato Pancakes w/ Bacon</i> <i>Sour Cream</i></p> <p><i>Fresh Fruit</i></p>	<p>9 <i>Soup of the Day</i> <i>Open face Ruben on Dark Rye</i> <i>with Garden Salad</i></p> <p><i>Ginger Cookies</i></p>	<p>10 <i>Soup of the Day</i> <i>Roasted Mushroom and Spinach Feta Quesadilla</i> <i>Tomato Avocado Salsa</i> <i>Sour Cream</i></p> <p><i>Fresh Fruit</i></p>	<p>11 <i>Soup of the Day</i> <i>Thai Noodle Salad</i> <i>Crispy Tofu</i> <i>Ginger Vinaigrette</i></p> <p><i>Fresh Fruit</i></p>	<p>12 <i>Soup of the Day</i> <i>Roasted Chicken Thighs w/ Greek Salad and Tsatsiki</i> <i>Pita Bread</i></p> <p><i>Fresh Fruit</i></p>	<p>13 <i>Soup of the Day</i> <i>Roasted Almond and Vegetable Pate</i> <i>Cheese and Boiled Egg</i> <i>Pickles</i> <i>Warm Baguette</i></p> <p><i>Fresh Fruit</i></p>	<p>14 <i>Soup of the Day</i> <i>Hot Artichoke and Spinach Fondue</i> <i>Cucumber Batons</i> <i>Warm Baguette</i></p> <p><i>Fresh Fruit</i></p>
<p>15 <i>Soup of the Day</i> <i>Cinnamon Raisin French Toast</i> <i>with Bacon</i></p> <p><i>Fresh Fruit</i></p>	<p>16 <i>Soup of the Day</i> <i>Grilled Chicken</i> <i>Caesar Salad</i></p> <p><i>Chocolate Chip Cookies</i></p>	<p>17 <i>Soup of the Day</i> <i>Stuffed Baked Potato w/ Broccoli, Bacon and Cheese Sauce</i> <i>Green Onions</i> <i>Sour Cream</i></p> <p><i>Fresh Fruit</i></p>	<p>18 <i>Soup of the Day</i> <i>Chef's Creation Quesadilla</i> <i>Salsa Fresca</i> <i>Sour Cream</i></p> <p><i>Fresh Fruit</i></p>	<p>19 <i>Soup of the Day</i> <i>Tuscan Ham and Fontina Cheese Croissant</i> <i>Pickled Beets</i></p> <p><i>Fresh Fruit</i></p>	<p>20 <i>Soup of the Day</i> <i>Chef's Salad</i> <i>Warm Baguette</i></p> <p><i>Fresh Fruit</i></p>	<p>21 <i>Soup of the Day</i> <i>Assorted Muffins</i> <i>Cottage Cheese</i> <i>Fresh Fruit</i></p> <p><i>Jell-O</i></p>
<p>22 <i>Soup of the Day</i> <i>Bacon and Fried Eggs</i> <i>Hash Browns and Toast</i></p> <p><i>Fresh Fruit</i></p>	<p>23 <i>Soup of the Day</i> <i>Macaroni and Cheese</i> <i>Sliced Tomatoes</i> <i>Pesto Dressing</i></p> <p><i>Peanut Butter Cookies</i></p>	<p>24 <i>Soup of the Day</i> <i>Vegetarian Chili w/ Cornbread</i> <i>Sour Cream</i></p> <p><i>Fresh Fruit</i></p>	<p>25 <i>Soup of the Day</i> <i>Chef's Creation Quiche</i> <i>Steamed Peas and Carrots</i></p> <p><i>Fresh Fruit</i></p>	<p>26 <i>Soup of the Day</i> <i>Corn and Spinach Pie w/ Tsatsiki</i> <i>Tossed Greens</i></p> <p><i>Fresh Fruit</i></p>	<p>27 <i>Soup of the Day</i> <i>Fish and Chips</i> <i>Coleslaw and Tartar Sauce</i></p> <p><i>Fresh Fruit</i></p>	<p>28 <i>Soup of the Day</i> <i>Grilled Cheese Sandwich</i> <i>Garden Salad</i></p> <p><i>Fresh Fruit</i></p>
<p>29 <i>Soup of the Day</i> <i>Blueberry Kamut</i> <i>Buttermilk Pancakes w/ Turkey Sausages</i></p> <p><i>Fresh Fruit</i></p>	<p>30 <i>Soup of the Day</i> <i>Open face Ruben on Dark Rye</i> <i>with Garden Salad</i></p> <p><i>M&M Cookies</i></p>	<p>31 <i>Soup of the Day</i> <i>Penne Pasta w/ Vegetarian Bolognese and Pesto Sauce</i> <i>Parmesan</i></p> <p><i>Fresh Fruit</i></p>				



Dinner at the Cridge - Menu for March 2020



*** All dinner Entrées include seasonal fresh vegetables & various preparations of cereals and potatoes ***

*** Tossed Green Salad available with choice of fresh made dressings ***

*** Bread available upon request ***

Coffee, Tea, Juice or Milk

Fresh Fruit, Yogurt or Ice Cream is available as a dessert option

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>Minced Meat Pie w/ Gravy Or Roasted Scallops à la Provençale</i> <i>Brownies</i>	2 <i>Steak Sandwich Onion Rings and Roasted Mushrooms Or Catch of the Day</i> <i>Fresh Fruit</i>	3 <i>Bangers and Mash Gravy and fried Onions Or Chickpea Curry Fancy Basmati Rice Cucumber Raita and Garlic Naan</i> <i>Fresh Fruit</i>	4 <i>Catch of the Day Or Meat Loaf Gravy and fried Onions</i> <i>Fresh Fruit</i>	5 <i>Grilled Chicken Supreme Mushroom Sauce Cranberry Sauce Roast Potatoes Fresh Vegetables</i> <i>Fresh Fruit</i>	6 <i>Breaded Pork Chops Apple Sauce Or Catch of the Day</i> <i>Fresh Fruit</i>	7 <i>Roast Lamb Black Cherry Sauce Or Spinach and Ricotta Crepes Marinara and Pesto</i> <i>Fresh Fruit</i>
8 <i>Roast Turkey Dinner Traditional Stuffing Gravy & Cranberry Sauce Mashed Potatoes Fresh Vegetables</i> <i>Date and Walnut Pudding</i>	9 <i>Catch of the Day Or Grilled Ham Steak Pineapple Salsa Scalloped Potatoes</i> <i>Fresh Fruit</i>	10 <i>Shepherd's Pie Rich Gravy Or Shrimp Dumplings Mango Mayo Soy Dipping Sauce</i> <i>Fresh Fruit</i>	11 <i>Turkey Bangers Fried onions and Gravy Or Roasted Vegetable and White Bean Pot Pie Puff Pastry</i> <i>Fresh Fruit</i>	12 <i>Catch of the Day Or Bison Loaf Fried onions and Gravy</i> <i>Fresh Fruit</i>	13 <i>Pulled Bbq Pork Or Lemon Asparagus Lasagna Garlic Bread</i> <i>Fresh Fruit</i>	14 <i>Catch of the Day Or Spinach, Mushroom and Feta Vienna Roll Tarragon Cream Sauce</i> <i>Fresh Fruit</i>
15 <i>Braised Beef Shank Rich Gravy Chef's Potatoes Fresh Vegetables</i> <i>Rice Pudding</i>	16 <i>Catch of the Day Or Cabbage Rolls w/ Pierogis</i> <i>Fresh Fruit</i>	17 <i>Roast Lamb Red Wine Sauce Or Spaghetti w/ Eggplant, Asparagus Marinara and Pesto</i> <i>Fresh Fruit</i>	18 <i>Chicken Stir-Fry Steamed Rice Deep Fried Wontons Sweet and Sour Sauce</i> <i>Mango Ice Cream</i>	19 <i>Meat Loaf Fried Onions and gravy Or Catch of the Day</i> <i>Fresh Fruit</i>	20 <i>Pizza Night Hawaiian Or Vegetarian</i> <i>Fresh Fruit</i>	21 <i>Swiss Steak Braised with Pearl Onions Or Catch of the Day</i> <i>Fresh Fruit</i>
22 <i>Turkey Pot Pie Puff Pastry Baby Potatoes Fresh Vegetables</i> <i>Berry Crumble</i>	23 <i>Breaded Pork Chops with Apple Sauce Or Catch of the Day</i> <i>Fresh Fruit</i>	24 <i>Roast Chicken Dinner Rich Gravy Mashed Potatoes Chef's Vegetables</i> <i>Fresh Fruit</i>	25 <i>Salisbury Steak Fried Onions and Gravy Or Shrimp Dumplings Mango Mayo Soy Dipping Sauce</i> <i>Fresh Fruit</i>	26 <i>Pulled Bbq Pork Or Roasted Vegetable Lasagna Garlic Bread</i> <i>Fresh Fruit</i>	27 <i>Turkey Medallions Rich Gravy Cranberry Sauce Rice Pilaf Fresh Vegetables</i> <i>Fresh Fruit</i>	28 <i>Spaghetti w/ Eggplant, Asparagus Marinara and Pesto Or Catch of the Day</i> <i>Fresh Fruit</i>
29 <i>Roast Strip-loin of Beef Rich gravy Yorkshire Pudding Chef's Potatoes Fresh Vegetables</i> <i>Dutch Apple Pie</i>	30 <i>Grilled Ham Steak Pineapple Salsa Or Catch of the Day Scalloped Potatoes</i> <i>Fresh Fruit</i>	31 <i>Grilled Chicken Supreme Mushroom Sauce Cranberry Sauce Roast Potatoes Fresh Vegetables</i> <i>Fresh Fruit</i>				

The Cridge Village Seniors Centre

Recreation Calendar for June 2014 ** First Week**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
11:00 Chair Fitness 1:30 Tillicum Mall 6:30 Music Night A Salute to Vienna 6:30 Rummy-O	11:00 News Group 2:00 Computer Hour 3:00 Book Club 4:00 Exercise 6:30 Trivia	11:00 News Group 2:00 Walking 4:00 Exercise 6:30 Scrabble	11:00 News Group 2:30 Memoir WS 4:00 Exercise 6:45 Gentle Stretch	11:00 News Group 11:00 Chapel 1:00 Musical Memories 2:00 Mental Aerobics 4:00 Exercise 6:30 Groceries 6:30 Documentary	11:00 News Group 2:00 Knitting 3:30 Happy Hour Tom Gough 6:30 Cinema	6:30 Quiz Night

Check your mailboxes for the full calendar
on Tuesday evening!!

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