

Lunch at the Cridge - Menu for June 2021

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
		1 <i>Soup of the Day</i> Garlic Prawn Caesar Salad Croutons and Lemon Fresh Fruit	2 <i>Soup of the Day</i> Chef's Creation Quiche Jicama Corn Salad Honey Lime Dressing Fresh Fruit	3 <i>Soup of the Day</i> Blueberry Kamut Scone Cottage Cheese and Fresh Fruit Jell-O	4 <i>Soup of the Day</i> Chef's Salad Warm Baguette Fresh Fruit	5 <i>Soup of the Day</i> Roasted Corn and Bean Whole Wheat Quesadilla Avocado Salsa Sour Cream Fresh Fruit
6 <i>Soup of the Day</i> Scrambled Eggs w/ Bacon Hash Browns Toast Fresh Fruit	7 <i>Soup of the Day</i> Macaroni and Cheese Sliced Tomatoes Pesto Vinaigrette Chocolate Chip Cookies	8 <i>Soup of the Day</i> Chickpea Coconut Curry Jasmine Rice Pilaf Roasted Cashews Fresh Fruit	9 <i>Soup of the Day</i> Shaved Roast Beef Sandwich on Rye Tossed Greens Fresh Fruit	10 <i>Soup of the Day</i> Baby Spinach Salad Grape Tomatoes, Pine Nuts Red Onion and Boiled Egg Raspberry Vinaigrette Warm Baguette Fresh Fruit	11 <i>Soup of the Day</i> Tuscan Ham and Fontina Croissant Pickled Beets Fresh Fruit	12 <i>Soup of the Day</i> Apple Raisin Muffin Cottage Cheese Fresh Fruit Jell-O
13 <i>Soup of the Day</i> Chef's Creation Frittata Hash browns Toast Fresh Fruit	14 <i>Soup of the Day</i> Chicken Strips Honey Mustard Sauce Garden Salad Coconut Kisses	15 <i>Soup of the Day</i> Roasted Vegetable and Bean Whole Wheat Quesadilla Avocado Salsa Sour Cream Fresh Fruit	16 <i>Soup of the Day</i> Chef's Creation Quiche Tossed Greens Fresh Fruit	17 <i>Soup of the Day</i> Roasted Mushroom Ravioli Gorgonzola and Pesto Fresh Tomato Fresh Fruit	18 <i>Soup of the Day</i> South Western Spiced Minced Bison Salad Tortilla Chips and Cheddar Honey Lime Dressing Fresh Fruit	19 <i>Soup of the Day</i> Hot Artichoke and Spinach Fondue Cucumber Batons with Baguette Fresh Fruit
20 <i>Soup of the Day</i> Bacon and fried Eggs Hash Browns Toast Fresh Fruit	21 <i>Soup of the Day</i> Grilled Chicken Caesar Salad Peanut Butter Cookies	22 <i>Soup of the Day</i> Stuffed Baked Potato with Broccoli Cheese Sauce and Bacon Green Onions Sour Cream Fresh Fruit	23 <i>Soup of the Day</i> Savory Meat Pie Steamed Veggies Fresh Fruit	24 <i>Soup of the Day</i> Pumpkin Raisin Muffin Cottage Cheese and Fresh Fruit Jell-O	25 <i>Soup of the Day</i> Fish and Chips Coleslaw and Tartar Sauce Fresh Fruit	26 <i>Soup of the Day</i> Grilled Cheese on Whole Wheat Tossed Greens Fresh Fruit
27 <i>Soup of the Day</i> Kamut Blueberry Buttermilk Pancakes with Bacon Fresh Fruit	28 <i>Soup of the Day</i> Greek Salad, Hummus Tsatsiki and Pita Almond Cookies	29 <i>Soup of the Day</i> Steamed Shrimp Dumplings Soy Dipping Sauce Mango Mayo Citrus Coleslaw Fresh Fruit	30 <i>Soup of the Day</i> Roasted Almond & Vegetable Pate Boiled Egg, Olives, Artichokes Manchego and Brie Grape Tomatoes & Walnuts Warm Baguette Fresh Fruit			

Dinner at the Cridge - Menu for June 2021

** 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 Braised Round Steak with Pearl Onions Or Roasted Vegetable Turnover Tarragon Cream Sauce Fresh Fruit	² Breaded Pork Chops Apple Sauce Or Catch of the Day Fresh Fruit	³ Turkey Bangers and Mash Fried Onions and Gravy Or Roasted Mushroom Ravioli Gorgonzola Sauce Grape Tomatoes Fresh Fruit	⁴ Catch of the Day Or Rosemary and Lemon Roasted Chicken Thighs Fresh Fruit	⁵ Pork Loaf Fried onions and Gravy Or Roasted Scallops Provençale Fresh Fruit
⁶ Roast Striploin of Beef Yorkshire Pudding Rich Gravy Chef's Potatoes and Fresh Vegetables Fresh Fruit	⁷ Grilled Chicken Supreme Chef's Sauce Lemon Spinach and Tomato Quinoa Fresh Vegetables Fresh Fruit	⁸ Cabbage Rolls with Perogies Or Grilled Ham Steak Pineapple Salsa Fresh Fruit	⁹ Catch of the Day Or Spinach and Ricotta Crepes w/ Pesto Fresh Fruit	¹⁰ Grilled Turkey Supreme Veloute and Cran Sauce Or Roasted Vegetable Lasagna Marinara and Béchamel Garlic Bread Fresh Fruit	¹¹ Bison Meat Loaf Fried Onions and Gravy Or Catch of the Day Fresh Fruit	¹² Chef's Table Summer Bbq Savory Salads Corn on the Cob Fresh Fruit
¹³ Roast Pork Loin w/ Rich Gravy Macaroni and Cheese Fresh Vegetables Fresh Fruit	¹⁴ Catch of the Day Or Canadian Lentil and Potato Pie w/ Homemade Ketchup Fresh Fruit	¹⁵ Bangers and Mash Fried Onions and Gravy Or Catch of the Day Fresh Fruit	¹⁶ Swiss Steak Braised with Mushrooms Or Lemon, Garlic and Oregano Roasted Chicken Thighs Fresh Fruit	¹⁷ Breaded Pork Chops w/ Apple Sauce Or Catch of the Day Fresh Fruit	¹⁸ Pizza Night Hawaiian Meat Lovers Vegetarian Fresh Fruit	¹⁹ Catch of the Day Or Turkey Loaf Fried Onions and Gravy Fresh Fruit
²⁰ Chef's Table Father's Day Summer Bbq Savory Salads Corn on the Cob Raspberry Chocolate Ice Cream Cake	²¹ Roasted Garlic Prawns Drawn Butter and Lemon Or Lasagna w/ Meat Sauce Garlic Bread Fresh Fruit	²² Grilled Turkey Medallions Rich Gravy Cranberry Sauce Wild Rice and Bread Stuffing Buttered Spinach Corn and Carrots Fresh Fruit	²³ Catch of the Day Or Chickpea Indian Korma w/ Fancy Basmati Rice Fresh Fruit	²⁴ Pork Goulash w/ Sour Cream Or Roasted Vegetable Turnover Tarragon Cream Sauce Fresh Fruit	²⁵ Grilled Chicken w/ Mushroom Sauce Lemon Spinach and Tomato Quinoa Fresh Vegetables Fresh Fruit	²⁶ Chef's Table Summer Bbq Savory Salads Corn on the Cob Fresh Fruit
²⁷ Roast Turkey Dinner Gravy and Cran Sauce Traditional Stuffing Brussel Sprouts with Cheese Sauce Carrots and Corn Fresh Fruit	²⁸ Catch of the Day Or Meat Loaf Fried Onions and Gravy Fresh Fruit	²⁹ Pork Cutlet with Sage Mustard Sauce Or Spinach and Ricotta Baked Cannelloni Fresh Fruit	³⁰ Chicken Stir-Fry Teriyaki Sauce Jasmine Rice Spring Rolls Fresh Fruit			