



Lunch at the Cridge - Menu for October 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 Soup of the Day Fish and Chips Coleslaw and Tartar Sauce Fresh Fruit	2 Soup of the Day Grilled Cheese on Whole Wheat Garden Salad Fresh Fruit
3 Soup of the Day Scrambled Eggs Sausages Hash Browns Toast Fresh Fruit	4 Soup of the Day Chef's Salad Warm Baguette Oatmeal Raisin Cookies	5 Soup of the Day Vegetarian Chili Cornbread Sour Cream Fresh Fruit	6 Soup of the Day Chef's Creation Quiche Tossed Greens Fresh Fruit	7 Soup of the Day Polenta with Meat Sauce Fresh Fruit	8 Soup of the Day Turkey Sausage Quesadilla Avocado Salsa Sour Cream Fresh Fruit	9 Soup of the Day Roasted Mushroom Ravioli Gorgonzola Sauce Pesto and Fresh Tomato Fresh Fruit
10 Soup of the Day Kamut Blueberry Buttermilk Pancakes with Bacon Fresh Fruit	11 Soup of the Day Chicken Strips w/ Tossed Greens Honey Mustard Sauce Coconut Kisses	12 Soup of the Day Thai Scallop Curry Rice Pilaf Bowl Fresh Fruit	13 Soup of the Day Canadian Lentil and Potato Pie w/ Homemade Ketchup Tossed Greens Fresh Fruit	14 Soup of the Day Apple Raisin Muffin Cottage Cheese Fresh Fruit Jell-O	15 Soup of the Day Open face Ruben on Rye w/ Garden Salad Fresh Fruit	16 Soup of the Day Savory Meat Pie w/ Gravy Steamed Veggies Fresh Fruit
17 Soup of the Day Bacon and fried Eggs Hash Browns Toast Fresh Fruit	18 Soup of the Day Macaroni and Cheese Sliced Tomatoes Pesto Vinaigrette Chocolate Chip Cookies	19 Soup of the Day Warm Baby Spinach Salad Roasted Garlic Mushrooms Sun-dried Tomatoes & Capers Almonds, Basil and Parmesan Balsamic Vinaigrette and Baguette Fresh Fruit	20 Soup of the Day Chef's Creation Quiche Steamed Veggies Fresh Fruit	21 Soup of the Day Garlic Prawns Quinoa Pilaf Sesame Sauce Fresh Fruit	22 Soup of the Day Tuscan Ham and Fontina Croissant Tossed Greens Fresh Fruit	23 Soup of the Day Roasted Corn and Bean Quesadilla Avocado Salsa Sour Cream Fresh Fruit
24 Soup of the Day Frittata, Hash Browns and Toast Fresh Fruit	25 Soup of the Day Greek Salad, Hummus Tsatsiki and Pita Peanut Butter Cookies	26 Soup of the Day W. W. Penne Pasta Roasted Vegetables Pesto Cream Sauce Fresh Fruit	27 Soup of the Day Prawn Coconut Curry Rice Bowl Fresh Fruit	28 Soup of the Day Pumpkin Raisin Muffin Cottage Cheese and Fresh Fruit Jell-O	29 Soup of the Day South Western Spiced Minced Bison Salad Tortilla Chips and Cheddar Honey Lime Dressing Fresh Fruit	30 Soup of the Day Hot Artichoke and Spinach Fondue Cucumber Batons with Baguette Fresh Fruit
31 Bacon, Scrambled Eggs Hash Browns & Toast Fresh Fruit						



Dinner at the Cridge - Menu for October 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 Grilled Chicken Supreme with Veloute Sauce Cranberry Sauce Creamy Polenta Fresh Vegetables Fresh Fruit	2 Grilled Liver and Onions Gravy Or Catch of the Day Fresh Fruit
3 Roast Pork Loin Pan Gravy Chefs Potatoes Fresh Vegetables Bread Pudding	4 Catch of the Day Or Bison Loaf Fried Onions and Gravy Fresh Fruit	5 Chicken Pot Pie Baby Potatoes Fresh Vegetables Puff Pastry Fresh Fruit	6 Pork Cutlet with Mushroom Sauce Or Spinach and Ricotta Baked Cannelloni Fresh Fruit	7 Catch of the Day Or Bangers and Mash Fried Onions and Gravy Fresh Fruit	8 Beef Bourguignon Or Grilled Ham Steak Pineapple Salsa Fresh Fruit	9 Catch of the Day Or Roasted Vegetable Turnover Tarragon Cream Sauce Fresh Fruit
10 Happy Thanksgiving Roast Striploin of Beef Yorkshire Pudding Rich Gravy Chefs Potatoes and Fresh Vegetables Mocha Chocolate Mousse	11 Breaded Pork Chops with Apple Sauce Or Catch of the Day Fresh Fruit	12 Grilled Chicken Suprême Veloute Sauce Baked Tuscan Gnocchi w/ Spinach and Tomatoes Fresh Vegetables Fresh Fruit	13 Beef Stew Warm Baguette Or Roasted Garlic Prawns Drawn Butter and Lemon Fresh Fruit	14 Turkey Bangers and Mash Fried Onions and Gravy Or Pulled Bbq Pork Fresh Fruit	15 Catch of the Day Or Spinach and Ricotta Crêpes Tomato Basil Sauce Pesto Fresh Fruit	16 NY Steak or Prawn Teriyaki Jasmine Rice Stir-fried Vegetables Fresh Fruit
17 Roast Turkey Dinner Gravy and Cran Sauce Traditional Stuffing Brussel Sprouts Cheese Sauce Carrots and Corn Pumpkin Pie	18 Pork Loaf Fried Onions and Gravy Or Catch of the Day Fresh Fruit	19 Chicken Stir-Fry Teriyaki Sauce Jasmine Rice Spring Rolls Fresh Fruit	20 Catch of the Day Or Vegetarian Lasagna Garlic Bread Fresh Fruit	21 Grilled Turkey Suprême with White Wine Sauce Cranberry Sauce Baked Potatoes w/ Sour Cream & Chive Fresh Vegetables Fresh Fruit	22 Catch of the Day Or Crispy Bean Cakes with Tsatsiki Fresh Fruit	23 Shepherd's Pie Rich Gravy Or Roasted Vegetable Turnover Tarragon Cream Sauce Fresh Fruit
24 Roast Chicken Dinner with all the trimmings Carrot Cake	25 Roasted Chicken Thighs Or Swiss Steak Braised with Mushrooms Fresh Fruit	26 Catch of the Day Or Cabbage Rolls with Perogies Fresh Fruit	27 Grilled Ham Steak Pineapple Salsa Or Turkey Cutlet Cranberry Sauce Fresh Fruit	28 Bangers and Mash Fried Onions and Gravy Or Catch of the Day Fresh Fruit	29 Pizza Night Hawaiian Meat Lovers Vegetarian Fresh Fruit	30 Pork Loaf Fried Onions and Gravy Or Catch of the Day Fresh Fruit
31 Roast Striploin and all the Fixings Apple Crumble						