



Lunch at the Cridge - Menu for January 2022



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
<h2>Happy New Year!</h2>						1 <i>Soup of the Day</i> Chef's Creation Quiche Tossed Greens
						<i>Fresh Fruit</i>
2 <i>Soup of the Day</i> Kamut Blueberry Buttermilk Pancakes with Bacon <i>Fresh Fruit</i>	3 <i>Soup of the Day</i> Chef's Salad Warm Baguette <i>Coconut Kisses</i>	4 <i>Soup of the Day</i> Polenta with Meat Sauce or Pesto Sauce <i>Fresh Fruit</i>	5 <i>Soup of the Day</i> Greek Salad, Hummus and Tsatsiki with Grilled Pita Bread <i>Fresh Fruit</i>	6 <i>Soup of the Day</i> Open face Ruben on Rye w/ Fries <i>Fresh Fruit</i>	7 <i>Soup of the Day</i> South Western Spiced Minced Bison Salad Tortilla Chips and Cheddar Honey Lime Dressing <i>Fresh Fruit</i>	8 <i>Soup of the Day</i> Hot Artichoke and Spinach Fondue Cucumber Batons with Baguette <i>Fresh Fruit</i>
9 <i>Soup of the Day</i> Sausages and Scrambled Eggs Hash Browns Toast <i>Fresh Fruit</i>	10 <i>Soup of the Day</i> Grilled Chicken Salad Shallot Vinaigrette <i>Oatmeal Raisin Cookies</i>	11 <i>Soup of the Day</i> Vegetarian Chili Cornbread Sour Cream <i>Fresh Fruit</i>	12 <i>Soup of the Day</i> Chef's Creation Quiche Tossed Greens <i>Fresh Fruit</i>	13 <i>Soup of the Day</i> Cranberry Scone Cottage Cheese Fresh Fruit <i>Jell-O</i>	14 <i>Soup of the Day</i> Steamed Shrimp Dumplings Soy Dipping Sauce Mango Mayo Citrus Coleslaw <i>Fresh Fruit</i>	15 <i>Soup of the Day</i> Grilled Cheese on Whole Wheat Tossed Greens <i>Fresh Fruit</i>
16 <i>Soup of the Day</i> Turkey Sausage and Fried Eggs Hash Browns Toast <i>Fresh Fruit</i>	17 <i>Soup of the Day</i> Butternut Squash Ravioli Gorgonzola Sauce Pesto and Fresh Tomato <i>Flourless Chocolate Cookies</i>	18 <i>Soup of the Day</i> Savory Meat Pie Gravy Steamed Veggies <i>Fresh Fruit</i>	19 <i>Soup of the Day</i> Warm Baby Spinach Salad Roasted Garlic Mushrooms Sun-dried Tomatoes & Capers Almonds, Basil and Parmesan Balsamic Vinaigrette and Baguette <i>Fresh Fruit</i>	20 <i>Soup of the Day</i> Perogies Fried Onions and Bacon Sour Cream <i>Fresh Fruit</i>	21 <i>Soup of the Day</i> Fish and Chips Coleslaw and Tartar Sauce <i>Fresh Fruit</i>	22 <i>Soup of the Day</i> Pumpkin Raisin Muffin Cottage Cheese and Fresh Fruit <i>Jell-O</i>
23 <i>Soup of the Day</i> Frittata w Hash Browns, Toast <i>Fresh Fruit</i>	24 <i>Soup of the Day</i> Chicken Strips with Salad <i>Lemon Shortbread</i>	25 <i>Soup of the Day</i> Roasted Corn and Bean Quesadilla Avocado Salsa Sour Cream <i>Fresh Fruit</i>	26 <i>Soup of the Day</i> Chef's Creation Quiche Fennel and Carrot Slaw Honey Lime Dressing <i>Fresh Fruit</i>	27 <i>Soup of the Day</i> Ginger Garlic Roasted Prawns Quinoa Pilaf Sesame Sauce <i>Fresh Fruit</i>	28 <i>Soup of the Day</i> Ham and Swiss Croissant Pickled Beets <i>Fresh Fruit</i>	29 <i>Soup of the Day</i> Open face Bison Burger BBQ Sauce Tossed Greens <i>Fresh Fruit</i>
30 <i>Soup of the Day</i> Scrambled Eggs, Bacon <i>Fresh Fruit</i>	31 <i>Soup of the Day</i> Macaroni and Cheese <i>Peanut Butter Cookies</i>					



Dinner at the Cridge - Menu for January 2022



*** 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
<p><i>Happy New Year!</i></p>						<p>1 Roast Prime-Rib of Beef Yorkshire Pudding Chef's Potatoes Fresh Vegetables</p> <p>Lemon Bar</p>
<p>2 Pork Loaf Fried Onions and Gravy Or Catch of the Day</p> <p>Fresh Fruit</p>	<p>3 Roasted Chicken Thighs Or Swiss Steak Braised with Mushrooms</p> <p>Fresh Fruit</p>	<p>4 Catch of the Day Or Cabbage Rolls with Perogies and fried Onions</p> <p>Fresh Fruit</p>	<p>5 Baked Ham Honey Mustard Sauce Or Turkey Cutlet Cranberry Sauce</p> <p>Fresh Fruit</p>	<p>6 Bangers and Mash Fried Onions and Gravy Or Garlic Prawns Drawn Butter</p> <p>Fresh Fruit</p>	<p>7 Pizza Night Hawaiian Meat Lovers Vegetarian</p> <p>Fresh Fruit</p>	<p>8 Turkey Loaf Fried Onions and Gravy Or Catch of the Day</p> <p>Fresh Fruit</p>
<p>9 Roast Beef Yorkshire Pudding Rich Gravy Chef's Potatoes and Fresh Vegetables</p> <p>Apple Crumble</p>	<p>10 Catch of the Day Or Spinach and Ricotta Crepes w/ Marinara Sauce Pesto</p> <p>Fresh Fruit</p>	<p>11 Orange and Dijon Glazed Pork Loin Natural Gravy Or Crispy fried Oysters Cocktail Sauce</p> <p>Fresh Fruit</p>	<p>12 Chicken Pot Pie Baby Potatoes Fresh Vegetables Puff Pastry</p> <p>Fresh Fruit</p>	<p>13 Bison Meat Loaf Fried Onions and Gravy Or Vegetarian Lasagna Garlic Bread</p> <p>Fresh Fruit</p>	<p>14 Grilled Turkey Medallions w/ Veloute Or Catch of the Day</p> <p>Fresh Fruit</p>	<p>15 Irish Lamb Stew Braised with Guinness Warm Baguette Or Lentil and Potato Pie with Homemade Ketchup</p> <p>Fresh Fruit</p>
<p>16 BBq Ribs Baked Potatoes w/ Sour Cream & Chives Fresh Vegetables</p> <p>Carrot Cake</p>	<p>17 Catch of the Day OR Meat Loaf Fried Onions and Gravy</p> <p>Fresh Fruit</p>	<p>18 Pork Cutlet with Mushroom Sauce OR Baked Cannelloni Marinara Sauce Pesto</p> <p>Fresh Fruit</p>	<p>19 Shepherds Pie Rich Gravy Or Roasted Scallops Provencale Sauce</p> <p>Fresh Fruit</p>	<p>20 Catch of the Day Or Chickpea Indian Korma Fancy Basmati Rice</p> <p>Fresh Fruit</p>	<p>21 Roasted Chicken Thighs Cacciatore Sauce Creamy Polenta Lemon Garlic Broccoli</p> <p>Fresh Fruit</p>	<p>22 Beef Bourguignon Or Roasted Vegetable Turnover Tarragon Cream Sauce</p> <p>Fresh Fruit</p>
<p>23 Stuffed Pork Loin Sherry Sauce Brownies</p>	<p>24 Catch of the Day Or NY Steak</p> <p>Fresh Fruit</p>	<p>25 Chicken Stir-Fry Teriyaki Sauce Jasmine Rice Spring Rolls</p> <p>Fresh Fruit</p>	<p>26 Cabbage Rolls with Perogies and fried Onions Or Catch of the Day</p> <p>Fresh Fruit</p>	<p>27 Turkey Bangers and Mash Fried Onions and Gravy Or Chickpea Patties with Tsatsiki Sauce</p> <p>Fresh Fruit</p>	<p>28 Catch of the Day Or Roasted Mushroom Ravioli Roasted Mushrooms Gorgonzola Sauce Tomato and Pesto</p> <p>Fresh Fruit</p>	<p>29 Braised Round Steak Pearl Onions Or Spinach and Ricotta Crepes Marinara Sauce</p> <p>Fresh Fruit</p>
<p>30 Turkey Dinner Rice Stuffing & Fixings Pumpkin Pie</p>	<p>31 Braised Beef Brisket OR Catch of the Day</p> <p>Fresh Fruit</p>					

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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