

Lunch at the Cridge - Menu for June 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
Happy Fathers Day - June 19th!			¹ <i>Soup of the Day</i> Baked Vegetarian Samosas Mango Chutney Cilantro Mint Dipping Sauce Spring Salad Fresh Fruit	² <i>Soup of the Day</i> Blueberry Scone Cottage Cheese Fresh Fruit Fresh Fruit	³ <i>Soup of the Day</i> Chef's Salad Warm Baguette Coconut Kisses	⁴ <i>Soup of the Day</i> Roasted Chicken' Red Pepper, Asparagus Quesadilla with Avocado Salsa Sour Cream Jell-O
⁵ <i>Soup of the Day</i> Scrambled Eggs Bacon Hashbrowns Cornbread Fresh Fruit	⁶ <i>Soup of the Day</i> Macaroni & Cheese Tomato, Arugula, Red Onion, Basil Salad Fresh Fruit	⁷ <i>Soup of the Day</i> Turkey Pot Melt Three Cheese on Rye Garden Salad Fresh Fruit	⁸ <i>Soup of the Day</i> Zucchini Corn Fritters Avocado Salsa Sour Cream Fresh Fruit	⁹ <i>Soup of the Day</i> Garlic Prawn Caesar Salad with Lemon Capers Fresh Fruit	¹⁰ <i>Soup of the Day</i> Tuscan Ham & Swiss Cheese Croissant Pickle Beets Spinach Salad Peanut Butter Cookies	¹¹ <i>Soup of the Day</i> Apple Raisin Muffin Cottage Cheese Papaya, Arugula Salad Fresh Fruit
¹² <i>Soup of the Day</i> Chef's Creation Frittata Hashbrowns Cornbread Fresh Fruit	¹³ <i>Soup of the Day</i> Chicken Strips Honey Mustard Sauce Garden Salad Fresh Fruit	¹⁴ <i>Soup of the Day</i> Spinach, Strawberry, Prosciutto, Almonds & Goat Cheese Crouton Fresh Fruit	¹⁵ <i>Soup of the Day</i> Black Bean Cake Avocado Salsa Sour Cream Jell-O	¹⁶ <i>Soup of the Day</i> Chef's Creation Quiche Garden Salad Fresh Fruit	¹⁷ <i>Soup of the Day</i> Roasted Butternut Ravioli Gorgonzola Cream Sauce Tomato Basil Pesto Fresh Fruit	¹⁸ <i>Soup of the Day</i> Hot Artichoke & Spinach Dip Cucumber Batons Jicama Salad Baguette Fresh Fruit
¹⁹ <i>Soup of the Day</i> Bacon Fried Eggs Hashbrowns Toast Fresh Fruit	²⁰ <i>Soup of the Day</i> Grilled Chicken Caesar Salad Fresh Fruit	²¹ <i>Soup of the Day</i> Skinny Bell Pepper Nacho Boats Garden Salad Fresh Fruit	²² <i>Soup of the Day</i> Bubble & Squeak Cakes Avocado Salsa Sour Cream Fresh Fruit	²³ <i>Soup of the Day</i> Chickpea Coconut Curry Jasmin Rice Pilaff Roasted Cashews Fresh Fruit	²⁴ <i>Soup of the Day</i> Fish & Chips Coleslaw Tartar Sauce Oatmeal Raisin Cookies	²⁵ <i>Soup of the Day</i> Grilled Cheese On Whole Wheat Garden Salad Fresh Fruit
²⁶ <i>Soup of the Day</i> Blueberry Buttermilk Pancakes Bacon Fresh Fruit	²⁷ <i>Soup of the Day</i> Greek Salad Red Pepper Hummus Tzatziki Pita Fresh Fruit	²⁸ <i>Soup of the Day</i> Steamed Shrimp Dumplings Soy Dipping Sauce Mango Mayo Citrus Coleslaw Fresh Fruit	²⁹ <i>Soup of the Day</i> Pumpkin Raisin Muffin Cottage Cheese Fresh Fruit Jell-O	³⁰ <i>Soup of the Day</i> Perogies with Fried Onions, & Bacon Sour Cream Fresh Fruit		

Dinner at the Cridge - Menu for June 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
Happy Fathers Day - June 19th!			1 Grilled Ham Steak Meaux-Mustard Demi-glazed Or Vegetable Gratin Fresh Fruit	2 Turkey Bangers & Mash Fried Onions & Gravy Or Roasted Mushroom Ravioli Gorgonzola Sauce Grape Tomatos Fresh Fruit	3 Catch of the Day Or Rosemary & Lemon Roasted Chicken Thighs Fresh Fruit	4 Confit of Duck with Black Cherry Demi-glaze Or Saigon Scallops Jell-O
5 Stuffed Roast Beef w/ Demi-Glaze Yorkshire Pudding Spring Vegetables Fruit Crumble	6 Grilled Chicken Supreme Chef's Sauce Lemon Spinach & Tomato Quinoa Fresh Vegetables Bread Pudding	7 Braised Beef Brisket with red wine demi Or Jalapeno Citrus Salmon Fresh Fruit	8 Chicken Pot Pie Baby Potatos Fresh Vegetables Puff Pastry Fresh Fruit	9 Grilled Turkey Supreme Veloute & Cran Sauce Or Roasted Vegetable Lasagna Marinara & Bechamel Fresh Fruit	10 Bison Meat Loaf Or Catch of the Day Fresh Fruit	11 BBQ Night Grilled Salmon Creamy Spinach Artichoke Sauce Spring Pea Asparagus Pasta Corn on the Cob Fresh Fruit
12 Roast Stuffed Pork Loin w/ Apricots, Walnuts, Au Jus Mashed Potatos Vegetables Jell-O	13 Catch of the Day Or Canadian Lentil & Potato Pie w/ Homemade Ketchup Fresh Fruit	14 Mushroom Swiss Turkey Burgers Or Cheesy Spinach Artichoke Stuffed Spaghetti Squash Fresh Fruit	15 Chicken Paprikash with Mushrooms & Onions Or Lemon Asparagus Risotto with Portabello Fresh Fruit	16 Breaded Pork Chops w/ Apple Sauce Or Catch of the Day Fresh Fruit	17 Pizza Night Hawaiian Meat Lovers Vegetarian Fresh Fruit	18 Bangers & Mash Onion Mustard Demi-glaze Or Spinach Stuffed Portabello Mushrooms Jell-O
19 Fathers Day BBQ Night Pork Ribs w/ Tex Mex Sweet Potato Salad Corn on the Cob Chocolate Mousse	20 Roasted Garlic Prawns Drawn Butter & Lemon Or Lasagna w/ Meat Sauce Garlic Bread Fresh Fruit	21 Baked Sole Mediterranean Style Or Rigatoni with Broccoli Lemon Sauce Fresh Fruit	22 Classic Indian Curry Marsala Spices Naan Bread Mango Chutney Basmati Fresh Fruit	23 Pork Goulash w/Sour Cream Or Roasted Vegetable Turnover Tarragon Cream Sauce Fresh Fruit	24 Southern Style Jambalaya Fresh Vegetables Fresh Fruit	25 BBQ Night Beef Shish Kabob w/ Cilantro Pesto Mediettanean Chickpea Salad Corn on the Cob Jell-O
26 Roasted Turkey Gravy, Cranberry Sauce All the Trimmings Mixed Vegetables Bread Pudding	27 Catch of the Day Or Meat Loaf Fried Onions & Gravy Fresh Fruit	28 Grilled Pork Loin Diablo Mustard Sauce Or Fennel Carrot Leek Gratin Fresh Fruit	29 Chicken Stir-fry Teriyaki Sauce Jasmine Rice Spring Rolls Fresh Fruit	30 Savory Meat Pie Or Crispy Fried Oysters w/ Citrus Lemon Dill Mayo Fresh Fruit		