



# Lunch at the Cridge - Menu for November 2022



\*Fresh sandwiches made daily as an option served with salad or fruit - Various selections\*

\*Tossed Green Salad always available w/ choice of fresh made dressings sub as main per request\*

\*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
		<b>1</b> Soup of the Day Perogies with Fried Onions and Bacon Beet Relish Sour Cream and Scallions  <b>Fresh Fruit</b>	<b>2</b> Soup of the Day Chickpea Coconut Curry Jasmine Rice Pilaf Roasted Cashews  <b>Fresh Fruit</b>	<b>3</b> Soup of the Day Grilled Ham and Cheese Sandwich on W.W. w/ Tossed Greens  <b>Fresh Fruit</b>	<b>4</b> Soup of the Day Roasted Almond and Vegetable Pate Artisan Cheese Pickles and Grapes Warm Baguette <b>Fresh Fruit</b>	<b>5</b> Soup of the Day Rainbow Tortellini with two sauces Marinara and Pesto  <b>Fresh Fruit</b>
<b>6</b> Soup of the Day Banana Buttermilk Pancakes with Bacon  <b>Fresh Fruit</b>	<b>7</b> Soup of the Day Open face Cheese Burger w/ Fries  <b>Reese's Pieces            Cookies</b>	<b>8</b> Soup of the Day Grilled Chicken Caesar Salad  <b>Fresh Fruit</b>	<b>9</b> Soup of the Day Chef's Creation Quiche Steamed Veggies  <b>Fresh Fruit</b>	<b>10</b> Soup of the Day Assorted Muffins or Scone Cottage Cheese Fresh Fruit  <b>Fresh Fruit</b>	<b>11</b> Soup of the Day Chef's Salad w/ Warm Baguette  <b>Fresh Fruit</b>	<b>12</b> Soup of the Day Roasted Red Pepper Corn and Asparagus Quesadilla Avocado Salsa Sour Cream <b>Fresh Fruit</b>
<b>13</b> Soup of the Day Scrambled Eggs w/ Sausage Hash Browns and Toast  <b>Fresh Fruit</b>	<b>14</b> Soup of the Day Macaroni and Cheese Tomato, Arugula, Red Onion, Basil Salad  <b>Oatmeal Raisin Cookies</b>	<b>15</b> Soup of the Day Thai Pork Curry Rice Pilaf Bowl  <b>Fresh Fruit</b>	<b>16</b> Soup of the Day Greek Salad Red Pepper Hummus Tsatsiki and Pita  <b>Fresh Fruit</b>	<b>17</b> Soup of the Day Roasted Spaghetti Squash w/ Meat Sauce  <b>Fresh Fruit</b>	<b>18</b> Soup of the Day Fish and Chips Coleslaw and Tartar Sauce  <b>Fresh Fruit</b>	<b>19</b> Soup of the Day Grilled Cheese on Whole-wheat Tossed Greens  <b>Fresh Fruit</b>
<b>20</b> Soup of the Day Chef's Creation Frittata Hash Browns and Toast  <b>Fresh Fruit</b>	<b>21</b> Soup of the Day Butternut Squash Ravioli w/ Mushroom Leek Cream Sauce  <b>Lemon Shortbread</b>	<b>22</b> Soup of the Day Ginger Garlic Prawns Jasmine Rice Pilaf Sesame Sauce  <b>Fresh Fruit</b>	<b>23</b> Soup of the Day Pumpkin Raisin Muffin Cottage Cheese Fresh Fruit  <b>Jell-O</b>	<b>24</b> Soup of the Day Chef's Creation Quiche Steamed Veggies  <b>Fresh Fruit</b>	<b>25</b> Soup of the Day Chicken Strips Honey Mustard Sauce Tossed Greens  <b>Fresh Fruit</b>	<b>26</b> Soup of the Day Grilled Ruben on Rye w/ Fries  <b>Fresh Fruit</b>
<b>27</b> Soup of the Day French Toast and Bacon Black Cherry Compote  <b>Fresh Fruit</b>	<b>28</b> Soup of the Day Stuffed Bell Pepper Taco Boats Garden Salad  <b>Coconut Kisses</b>	<b>29</b> Soup of the Day Potato Cakes Smoked Salmon Horseradish Crème Fraiche  <b>Fresh Fruit</b>	<b>30</b> Soup of the Day Vegetarian Chili w/ Cornbread Sour Cream  <b>Fresh Fruit</b>			



# Dinner at the Cridge - Menu for November 2022



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

\*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
		<b>1</b> Lasagna w/ Meat Sauce Garlic Bread Or Roasted Scallops Chef's Sauce  Fresh Fruit	<b>2</b> Turkey Loaf Fried Onions and Gravy Or Pork Cutlets w/ Mushroom Sauce  Fresh Fruit	<b>3</b> Catch of the Day Or Savory Meat Pie w/ Gravy  Fresh Fruit	<b>4</b> Beef Bourguignon Warm Baguette Or Spinach and Ricotta Crepes Marinara and Pesto Sauce  Fresh Fruit	<b>5</b> Catch of the Day Or Breaded Pork Chops w/ Apple Sauce  Fresh Fruit
<b>6</b> Chicken Supreme <i>Goat Cheese, Sundried Tomatoes                      Wrapped in Bacon                      Sherry Tarragon Cream Sauce                      Chef's Potatoes &amp; Vegetables</i>  Chef's Dessert	<b>7</b> Irish Lamb Stew Braised w/ Guinness Or Roasted Garlic Prawns Drawn Butter  Fresh Fruit	<b>8</b> Bangers and Mash Fried Onions and Gravy Or Baked Fusilli w/ Artichokes and Spinach Gorgonzola Cream Sauce  Fresh Fruit	<b>9</b> NY Steak w/ Chef's Sauce Or Canadian Lentil and Potato Pie w/ Homemade Ketchup  Fresh Fruit	<b>10</b> Chicken Stir-Fry Teriyaki Sauce Jasmine Rice Spring Rolls  Fresh Fruit	<b>11</b> Pizza Night Hawaiian Chef's Special Vegetarian  Fresh Fruit	<b>12</b> Catch of the Day Or Shepherds Pie w/ Gravy  Fresh Fruit
<b>13</b> Roast Pork Tenderloin Chef's Sauce Chef's Potatoes Fresh Vegetables  Chef's Vegetarian Option Chef's Dessert	<b>14</b> Saigon Scallops Or Bison Loaf Fried Onions and Gravy  Fresh Fruit	<b>15</b> Roast Chicken Thighs w/ Gravy Or Stuffed Portabella Mushroom w/ Roasted Almonds Soubise Sauce  Fresh Fruit	<b>16</b> Catch of the Day Or Braised Brisket w/ Natural Jus  Fresh Fruit	<b>17</b> Pulled BBQ Pork Or Vegetarian Lasagna w/ Garlic Bread  Fresh Fruit	<b>18</b> Turkey Medallions with two sauces Veloutè and Cranberry Roast Potatoes Fresh Vegetables Chef's Vegetarian Option Fresh Fruit	<b>19</b> Roast Lamb Sirloin Red Wine Sauce Or Catch of the Day  Fresh Fruit
<b>20</b> Roast Striploin of Beef Yorkshire Pudding Rich gravy Chef's Potatoes Fresh Vegetables Chef's Dessert	<b>21</b> Boneless Pork Chops in Creamy Garlic Spinach Sauce Or Catch of the Day Fresh Fruit	<b>22</b> Roast Chicken Thighs w/ Gravy Or Canadian Lentil & Potato Pie w/ Homemade Ketchup Fresh Fruit	<b>23</b> Catch of the Day Or Cabbage Rolls w/ Perogies  Fresh Fruit	<b>24</b> Grilled Ham Steak Grainy Mustard Demi-Glaze Scalloped Potatoes Broccoli au Gratin Fresh Vegetables Fresh Fruit	<b>25</b> Beef Stew w/ Warm Baguette Or Roasted Vegetable Turnover Tarragon Cream sauce Fresh Fruit	<b>26</b> Grilled Liver and Onions Gravy Or Catch of the Day  Fresh Fruit
<b>27</b> Roast Lamb Sirloin Chef's Sauce Or Chef's Creation Pasta  Chef's Dessert	<b>28</b> Pork Loaf Fried Onions and Gravy Or Catch of the Day  Fresh Fruit	<b>29</b> Swiss Steak Braised with Mushrooms Or Spinach and Ricotta Crepes Marinara and Pesto Sauce Fresh Fruit	<b>30</b> Chicken Pot Pie Baby Potatoes Fresh Vegetables Puff Pastry  Fresh Fruit			