



## Lunch at the Cridge - Menu for January 2023

\*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 Blueberry Buttermilk Pancakes w/ Bacon  <b>Fresh Fruit</b>	<b>2</b> Soup of the Day Chef's Salad Warm Baguette  <b>Coconut Kisses</b>	<b>3</b> Soup of the Day Rainbow Tortellini w/ Marinara and Pesto Sauce Parmesan  <b>Fresh Fruit</b>	<b>4</b> Soup of the Day Chef's Creation Quiche Steamed Veggies  <b>Fresh Fruit</b>	<b>5</b> Soup of the Day Tempura Prawns Soy Dipping Sauce Asian Slaw  <b>Fresh Fruit</b>	<b>6</b> Soup of the Day Black Forest Ham and Swiss Croissant Tossed Greens  <b>Fresh Fruit</b>	<b>7</b> Soup of the Day Roasted Vegetable Quesadilla Sour Cream Tomato Salsa  <b>Fresh Fruit</b>
<b>8</b> Soup of the Day Sausages and Eggs Hash Browns and Toast  <b>Fresh Fruit</b>	<b>9</b> Soup of the Day Chicken Strips Honey Mustard Sauce Tossed Greens  <b>Lemon Shortbread</b>	<b>10</b> Soup of the Day Chickpea Coconut Curry w/ Jasmine Rice Pilaf  <b>Fresh Fruit</b>	<b>11</b> Soup of the Day Open face Cheese Burger w/ Tossed Greens  <b>Fresh Fruit</b>	<b>12</b> Soup of the Day Greek Salad Hummus Tsatsiki and Pita  <b>Fresh Fruit</b>	<b>13</b> Soup of the Day Fish and Chips Coleslaw and Tartar Sauce  <b>Fresh Fruit</b>	<b>14</b> Soup of the Day Blueberry Muffin Cottage Cheese and Fresh Fruit  <b>Jell-O</b>
<b>15</b> Soup of the Day Scrambled Eggs Hash Browns and Toast Bacon  <b>Fresh Fruit</b>	<b>16</b> Soup of the Day Rigatoni w/ Meat Sauce Parmesan  <b>Oatmeal Raisin Cookies</b>	<b>17</b> Soup of the Day Ginger Garlic Prawns Quinoa Pilaf Sesame Sauce  <b>Fresh Fruit</b>	<b>18</b> Soup of the Day Perogies Fried Onions and Bacon Sour Cream  <b>Fresh Fruit</b>	<b>19</b> Soup of the Day Chef's Omelet w/ Mixed Greens  <b>Fresh Fruit</b>	<b>20</b> Soup of the Day Open face Ruben w/ Fries  <b>Fresh Fruit</b>	<b>21</b> Soup of the Day Sloppy Joes on Cornbread Garden Salad  <b>Fresh Fruit</b>
<b>22</b> Soup of the Day Sausages and Eggs Hash Browns and Toast  <b>Fresh Fruit</b>	<b>23</b> Soup of the Day Roasted Red Pepper, Corn and Bean Quesadilla with Avocado Salsa Sour Cream  <b>Ginger Cookies</b>	<b>24</b> Soup of the Day Stuffed Baked Potato w/ Broccoli and Cheese Sauce Green onions, Sour Cream and Bacon Bits  <b>Fresh Fruit</b>	<b>25</b> Soup of the Day Chef's Creation Quiche Tossed Greens  <b>Fresh Fruit</b>	<b>26</b> Soup of the Day Kamut Cranberry Scone Cottage Cheese and Fresh Fruit  <b>Jell-O</b>	<b>27</b> Soup of the Day Chef's Salad Warm Baguette  <b>Fresh Fruit</b>	<b>28</b> Soup of the Day Grilled Cheese on Whole-Wheat w/ Fries  <b>Fresh Fruit</b>
<b>29</b> Soup of the Day Blueberry Buttermilk Pancakes w/ Bacon  <b>Fresh Fruit</b>	<b>30</b> Soup of the Day Macaroni and Cheese Garden Salad  <b>Chocolate Chip Cookies</b>	<b>31</b> Soup of the Day Vegetarian Chili Cornbread Sour Cream  <b>Fresh Fruit</b>				



## Dinner at the Cridge - Menu for January 2023

\*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> Roast Strip-loin of Beef Yorkshire Pudding Fresh Vegetables Chef's Potatoes  <b>Tiramisu</b>	<b>2</b> Grilled Chicken Veloute Or Roasted Scallops Provençale  <b>Fresh Fruit</b>	<b>3</b> Grilled Ham Steak Grainy Mustard Demi-Glaze Scalloped Potatoes Fresh Vegetables  <b>Fresh Fruit</b>	<b>4</b> Catch of the Day Chef's Sauce Pasta w/ Artichokes Mascarpone and Hazelnuts Asparagus and Carrots  <b>Berry Crumble</b>	<b>5</b> Beef Stew w/ warm Baguette Or Canadian Lentil and Potato Pie w/ Homemade Ketchup <b>Fresh Fruit</b>	<b>6</b> Chicken Supreme with two sauces Veloutè and Cranberry Roast Potatoes Fresh Vegetables  <b>Fresh Fruit</b>	<b>7</b> Roast Lamb Sirloin Chef's Sauce Or Catch of the Day  <b>Fresh Fruit</b>
<b>8</b> Roast Pork Loin Rich Gravy Fresh Vegetables Chef's Potatoes  <b>Trifle</b>	<b>9</b> Swiss Steak Braised w/ Mushrooms Or Garlic Prawns Drawn Butter  <b>Fresh Fruit</b>	<b>10</b> Catch of the Day Or Cabbage Rolls w/ Perogies and Fried Onions  <b>Fresh Fruit</b>	<b>11</b> Chicken Stir-Fry Teriyaki Sauce Jasmine Rice Spring Rolls  <b>Apple Crumble</b>	<b>12</b> Liver and Onions w/ Gravy Or Catch of the Day  <b>Fresh Fruit</b>	<b>13</b> Breaded Pork Chops w/ Apple Sauce Or Chickpea Korma w/ Basmati Rice  <b>Fresh Fruit</b>	<b>14</b> Shepherd's Pie w/ Gravy Or Spinach and Ricotta Crepes Marinara and Pesto <b>Fresh Fruit</b>
<b>15</b> Chicken Mushroom Terrine Cranberries and Greens Sweet Vinaigrette Or Wild Mushroom Risotto  <b>Chef's Dessert</b>	<b>16</b> Grilled Pork Cutlet w/ Paprika Sauce Or Catch of the Day  <b>Fresh Fruit</b>	<b>17</b> Turkey Pot Pie Baby Potatoes Fresh Vegetables Puff Pastry  <b>Fresh Fruit</b>	<b>18</b> Catch of the Day Or Canadian Lentil and Potato Pie w/ Homemade Ketchup  <b>Butter Tart</b>	<b>19</b> Meat Loaf Fried Onions and Gravy Brown Sauce Or Vegetarian Lasagna w/ Garlic Bread <b>Fresh Fruit</b>	<b>20</b> Grilled Chicken with two sauces Veloutè and Cranberry Roast Potatoes Fresh Vegetables  <b>Fresh Fruit</b>	<b>21</b> Boneless Pork Chops in Creamy Garlic Spinach Sauce Or Catch of the Day  <b>Fresh Fruit</b>
<b>22</b> Braised Short Ribs Mashed Potatoes Chef's Vegetables  <b>Dutch Apple Pie</b>	<b>23</b> Catch of the Day Or Stuffed Portobello Mushroom w/ Spinach and Artichokes  <b>Fresh Fruit</b>	<b>24</b> Roast Chicken Thighs Cacciatore Sauce Egg Noodles Asparagus  <b>Fresh Fruit</b>	<b>25</b> Catch of the Day Or Pork Loaf Fried Onions and Gravy  <b>Cherry Crumble</b>	<b>26</b> NY Steak Chef's Sauce Or Spinach and Ricotta Crepes Marinara and Pesto <b>Fresh Fruit</b>	<b>27</b> Pizza Night Hawaiian Meat Lovers Vegetarian  <b>Mango Ice Cream</b>	<b>28</b> BBQ Night BBQ Pork Ribs Chef's Potatoes Fresh Vegetables  <b>Fresh Fruit</b>
<b>29</b> Roast Turkey Traditional Stuffing Cranberry Sauce and Gravy Mashed Potatoes Chef's Vegetables <b>Pumpkin Pie</b>	<b>30</b> Roast Lamb Sirloin Chef's Sauce Or Catch of the Day  <b>Fresh Fruit</b>	<b>31</b> Pulled BBQ Pork Or Baked Penne Pasta w/ Roasted Mushrooms Spinach and Marinara Sauce  <b>Fresh Fruit</b>				

