



Lunch at the Cridge - Menu for February 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
<p style="text-align: center;"><i>Happy Valentine's Day</i></p>			<p style="text-align: center;">1 Soup of the Day Chef's Creation Quiche Steamed Veggies</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">2 Soup of the Day Tempura Prawns Soy Dipping Sauce Asian Slaw</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">3 Soup of the Day Black Forest Ham and Swiss Croissant Tossed Greens</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">4 Soup of the Day Carrot Raisin Muffin Cottage Cheese Fresh Fruit</p> <p style="text-align: center;">Jell-O</p>
			<p style="text-align: center;">5 Soup of the Day Bacon and Eggs Hash Browns and Toast</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">6 Soup of the Day Chicken Strips Honey Mustard Sauce Garden Salad</p> <p style="text-align: center;">Peppermint Shortbread</p>	<p style="text-align: center;">7 Soup of the Day Butternut Squash Ravioli Gorgonzola Sauce</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">8 Soup of the Day Open face Cheese Burger w/ Tossed Greens</p> <p style="text-align: center;">Fresh Fruit</p>
<p style="text-align: center;">12 Soup of the Day Chef's Frittata Hash Brown and Toast</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">13 Soup of the Day Blueberry Muffin Cottage Cheese and Fresh Fruit</p> <p style="text-align: center;">Jell-O</p>	<p style="text-align: center;">14 Soup of the Day Rainbow Tortellini w/ Marinara and Pesto Sauce Parmesan</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">15 Soup of the Day Chef's Omelet w/ Mixed Greens</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">16 Soup of the Day Warm Baby Spinach Salad Roasted Mushrooms Sundried Tomatoes & Pine Nuts Basil and Parmesan Warm Baguette</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">17 Soup of the Day Open face Ruben w/ Fries</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">18 Soup of the Day Sloppy Joes on Cornbread Garden Salad</p> <p style="text-align: center;">Fresh Fruit</p>
<p style="text-align: center;">19 Soup of the Day Sausages and Eggs Hash Browns and Toast</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">20 Soup of the Day Macaroni and Cheese Tossed Greens</p> <p style="text-align: center;">Ginger Cookies</p>	<p style="text-align: center;">21 Soup of the Day Chickpea Coconut Curry w/ Jasmine Rice Pilaf</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">22 Soup of the Day Chef's Creation Quiche Steamed Veggies</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">23 Soup of the Day Kamut Cranberry Scone Cottage Cheese and Fresh Fruit</p> <p style="text-align: center;">Jell-O</p>	<p style="text-align: center;">24 Soup of the Day Chef's Salad Warm Baguette</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">25 Soup of the Day Grilled Cheese on Whole-Wheat w/ Fries</p> <p style="text-align: center;">Fresh Fruit</p>
<p style="text-align: center;">26 Soup of the Day Blueberry Buttermilk Pancakes w/ Bacon</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: center;">27 Soup of the Day Roasted Red Pepper, Corn and Bean Quesadilla with Avocado Salsa Sour Cream</p> <p style="text-align: center;">Chocolate Chip Cookies</p>	<p style="text-align: center;">28 Soup of the Day Vegetarian Chili Cornbread Sour Cream</p> <p style="text-align: center;">Fresh Fruit</p>				



Dinner at the Cridge - Menu for February 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
<p style="color: red; font-size: 1.2em;"><i>Happy Valentine's Day</i></p>			<p>1 Roast Chicken Thighs Cacciatore Sauce Egg Noodles Asparagus</p> <p style="color: blue;">Fresh Fruit</p>	<p>2 Bangers and Mash Fried Onions and Gravy Or Roasted Vegetable Wellington Soubise Sauce Fresh Fruit</p> <p style="color: blue;">Fresh Fruit</p>	<p>3 Chicken Supreme with two sauces Veloutè and Cranberry Roast Potatoes Fresh Vegetables</p> <p style="color: blue;">Fresh Fruit</p>	<p>4 Roast Lamb Sirloin Chef's Sauce Or Catch of the Day</p> <p style="color: blue;">Fresh Fruit</p>
<p>5 Roast Beef Yorkshire Pudding Rich Gravy Chef's Potatoes and Fresh Vegetables</p> <p style="color: blue;">Chef's Dessert</p>	<p>6 Grilled Pork Cutlet w/ Paprika Sauce Or Saigon Scallops</p> <p style="color: blue;">Fresh Fruit</p>	<p>7 Catch of the Day Or Bison Loaf Fried Onions and Gravy</p> <p style="color: blue;">Fresh Fruit</p>	<p>8 Chicken Stir-Fry Teriyaki Sauce Jasmine Rice Spring Rolls</p> <p style="color: blue;">Fresh Fruit</p>	<p>9 Liver and Onions w/ Gravy Or Catch of the Day</p> <p style="color: blue;">Fresh Fruit</p>	<p>10 Breaded Pork Chops w/ Apple Sauce Or Chickpea Korma w/ Basmati Rice</p> <p style="color: blue;">Fresh Fruit</p>	<p>11 Savory Meat Pie w/ Gravy Or Spinach and Ricotta Crepes Marinara and Pesto Fresh Fruit</p> <p style="color: blue;">Fresh Fruit</p>
<p>12 Roast Pork Tenderloin Medallions Sherry Sauce Chefs Potatoes Fresh Vegetables</p> <p style="color: blue;">Cheesecake</p>	<p>13 Chicken Mushroom Terrine Cranberries and Greens Or Catch of the Day</p> <p style="color: blue;">Fresh Fruit</p>	<p>14 NY Steak w/ Red Wine Sauce Or Garlic Prawns Drawn Butter</p> <p style="color: red;">Mocha Chocolate Mousse</p>	<p>15 Catch of the Day Or Canadian Lentil and Potato Pie w/ Homemade Ketchup</p> <p style="color: blue;">Fresh Fruit</p>	<p>16 Meat Loaf Fried Onions and Gravy Brown Sauce Or Vegetarian Lasagna w/ Garlic Bread Fresh Fruit</p> <p style="color: blue;">Fresh Fruit</p>	<p>17 Turkey Medallions Veloutè and Cranberry Chef's Potatoes Fresh Vegetables</p> <p style="color: blue;">Fresh Fruit</p>	<p>18 Boneless Pork Chops in Creamy Garlic Spinach Sauce Or Catch of the Day</p> <p style="color: blue;">Fresh Fruit</p>
<p>19 Braised Short Ribs Mashed Potatoes Chef's Vegetables</p> <p style="color: blue;">Dutch Apple Pie</p>	<p>20 Catch of the Day Or Stuffed Portobello Mushroom w/ Spinach and Artichokes</p> <p style="color: blue;">Fresh Fruit</p>	<p>21 Chicken Pot Pie Baby Potatoes Fresh Vegetables Puff Pastry</p> <p style="color: blue;">Fresh Fruit</p>	<p>22 Catch of the Day Or Pork Loaf Fried Onions and Gravy</p> <p style="color: blue;">Fresh Fruit</p>	<p>23 Beef Stew w/ warm Baguette Or Spinach and Ricotta Crepes Marinara and Pesto Fresh Fruit</p> <p style="color: blue;">Fresh Fruit</p>	<p>24 Pizza Night Hawaiian Chef's Special Vegetarian</p> <p style="color: blue;">Fresh Fruit</p>	<p>25 BBq Night BBq Pork Ribs Chef's Potatoes Fresh Vegetables</p> <p style="color: blue;">Fresh Fruit</p>
<p>26 Roast Turkey Traditional Stuffing Cranberry Sauce and Gravy Mashed Potatoes Chef's Vegetables Pumpkin Pie</p> <p style="color: blue;">Fresh Fruit</p>	<p>27 Roast Lamb Sirloin Chef's Sauce Or Catch of the Day</p> <p style="color: blue;">Fresh Fruit</p>	<p>28 Pulled BBQ Pork Or Baked Penne Pasta w/ Roasted Mushrooms Spinach and Marinara Sauce</p> <p style="color: blue;">Fresh Fruit</p>				