

Lunch at the Cridge - Menu for May 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
	1 Soup of the Day Chicken Strips Honey Mustard Sauce Tossed Greens Dad's Cookies	2 Soup of the Day Roasted Mushroom Ravioli Gorgonzola Sauce Fresh Fruit	3 Soup of the Day Sloppy Joes on Cornbread w/ Tossed Greens Fresh Fruit	4 Soup of the Day Baby Spinach Salad Cranberries, Pine Nuts Red Onion and Boiled Egg Raspberry Vinaigrette Warm Baguette Jell-O	5 Soup of the Day Open face Ruben Sandwich on Dark Rye w/ Fries Fresh Fruit	6 Soup of the Day Kamut Cranberry Scone Cottage Cheese and Fresh Fruit Fresh Fruit
7 Soup of the Day Soft Scrambled Eggs Hash Browns and Toast Fresh Fruit	8 Soup of the Day Asparagus, Roasted Pepper and Bean Quesadilla with Avocado Salsa Sour Cream M&M Cookies	9 Soup of the Day Chef's Creation Quiche Garden Salad Fresh Fruit	10 Soup of the Day Shrimp Salad Lemon Caper Dressing Warm Baguette Fresh Fruit	11 Soup of the Day Penne Pasta w/ Marinara and Pesto Sauce Parmesan Fresh Fruit	12 Soup of the Day Black Forest Ham and Swiss Croissant Pickled Beets Fresh Fruit	13 Soup of the Day Ginger Cashew Chow Mein Noodle Salad w/ Spinach Miso Vinaigrette Fresh Fruit
14 Soup of the Day Blueberry Buttermilk Pancakes with Bacon Fresh Fruit	15 Soup of the Day Chef's Plate Carved Chilled Chicken Domestic & Imported Cheese Olives, Artichokes, Nuts & Fruit Warm Baguette Banana Chocolate Cookies	16 Soup of the Day Bubble and Squeak Cakes Avocado Salsa Sour Cream Garden Salad Fresh Fruit	17 Soup of the Day Hot Artichoke and Spinach Fondue Cucumber Batons Pita Bread Fresh Fruit	18 Soup of the Day Chef's Omelet Tossed Greens Fresh Fruit	19 Soup of the Day Fish and Chips Coleslaw and Tartar Sauce Fresh Fruit	20 Soup of the Day Blueberry Muffin Cottage Cheese and Fresh Fruit Fresh Fruit
21 Soup of the Day Bacon and Eggs Hash Browns and Toast Fresh Fruit	22 Soup of the Day Watermelon Feta and Pistachio Salad Red Onion Balsamic Dressing Warm Baguette Oatmeal Raisin Cookies	23 Soup of the Day Steamed Shrimp Dumplings Soy Dipping Sauce Mango Mayo Citrus Coleslaw Fresh Fruit	24 Soup of the Day Chef's Creation Quiche Tossed Greens Fresh Fruit	25 Soup of the Day Roasted Almond and Vegetable Pate Artisan Cheese and Grapes Pickles Warm Baguette Fresh Fruit	26 Soup of the Day Chef's Salad Warm Baguette Fresh Fruit	27 Soup of the Day Grilled Cheese on Whole Wheat w/ Fries Fresh Fruit
28 Soup of the Day Asparagus and Cheddar Frittata w/ Hash Browns and Toast Fresh Fruit	29 Soup of the Day Strawberry, Almond Spinach Salad w/ Prosciutto & Goat Cheese Crouton Balsamic Vinaigrette Hermit Cookies	30 Soup of the Day Pumpkin Raisin Muffin Cottage Cheese and Fresh Fruit Fresh Fruit	31 Soup of the Day Roasted Chicken Drumsticks Honey Mustard Sauce Tossed Greens Jell-O			

Dinner at the Cridge - Menu for May 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>1 Boneless Pork Chops in Creamy Garlic Spinach Sauce Or Saigon Scallops</p> <p>Fresh Fruit</p>	<p>2 Catch of the Day Or Bison Loaf Fried Onions and Gravy</p> <p>Fresh Fruit</p>	<p>3 Grilled Chicken Leek Cream Sauce Gnocchi w/ Peas and Parmesan Fresh Vegetables</p> <p>Fresh Fruit</p>	<p>4 Braised Round Steak Rich Gravy Or Thai Vegetarian Curry w/ Tofu and Peas</p> <p>Fresh Fruit</p>	<p>5 Turkey Medallions with two sauces Supreme and Cranberry Chef's Potatoes Fresh Vegetables</p> <p>Fresh Fruit</p>	<p>6 Catch of the Day Or Roast Lamb Sirloin Red Wine Sauce</p> <p>Fresh Fruit</p>
<p>7 Roast Beef Yorkshire Pudding Rich Gravy Chef's Potatoes and Fresh Vegetables</p> <p>Brownies</p>	<p>8 Chicken Mushroom Terrine Cranberries and Greens Or Catch of the Day</p> <p>Fresh Fruit</p>	<p>9 Grilled Ham Steak Grainy Mustard Demi-Glaze Scalloped Potatoes Fresh Vegetables</p> <p>Fresh Fruit</p>	<p>10 Swiss Steak Braised w/ Pearl Onions Or Spinach and Ricotta Crepes Marinara and Pesto Sauce</p> <p>Fresh Fruit</p>	<p>11 Catch of the Day Or Pork Cutlets w /Brown Sauce</p> <p>Fresh Fruit</p>	<p>12 Beef Bourguignon Warm Baguette Or Canadian Lentil and Potato Pie Homemade Ketchup Fresh Fruit</p> <p>Fresh Fruit</p>	<p>13 Chicken Curry Or Catch of the Day</p> <p>Fresh Fruit</p>
<p>14 <i>Mother's Day Special Menu To be Announced</i></p>	<p>15 Bangers and Mash Fried Onions and Gravy Or Catch of the Day</p> <p>Fresh Fruit</p>	<p>16 Prawn Stir-fry Teriyaki Sauce Jasmine Rice Spring Rolls</p> <p>Fresh Fruit</p>	<p>17 Turkey Loaf Fried Onions and Gravy Or Catch of the Day</p> <p>Fresh Fruit</p>	<p>18 Sage and Mustard Roasted Pork Tenderloin Balsamic Vinegar Sauce Or Baked Cannelloni w/ Marinara Sauce Fresh Fruit</p> <p>Fresh Fruit</p>	<p>19 Chicken Pot Pie Puff Pastry Baby Potatoes Fresh Vegetables</p> <p>Fresh Fruit</p>	<p>20 Braised Beef Brisket Red Wine Demi Or Catch of the Day</p> <p>Fresh Fruit</p>
<p>21 Roast Pork Loin Rich Gravy Fresh Vegetables Chef's Potatoes</p> <p>Bread Pudding</p>	<p>22 Catch of the Day Or Stuffed Portabellini Mushroom w/ Spinach and Artichokes</p> <p>Fresh Fruit</p>	<p>23 Roast Chicken Thighs Cacciatore Sauce Egg Noodles Asparagus</p> <p>Fresh Fruit</p>	<p>24 Meat Loaf w/ Fried Onions and Gravy Or Vegetarian Lasagna w/ Garlic Bread</p> <p>Fresh Fruit</p>	<p>25 Catch of the Day Or Breaded Pork Chops w/ Apple Sauce</p> <p>Fresh Fruit</p>	<p>26 Pizza Night Hawaiian Chef's Creation Vegetarian</p> <p>Fresh Fruit</p>	<p>27 Roast Lamb Sirloin Chef's Sauce Or Chef's Seafood Curry</p> <p>Fresh Fruit</p>
<p>28 Braised Short Ribs Gravy Mashed Potatoes Chef's Vegetables</p> <p>Chef's Dessert</p>	<p>29 Catch of the Day Or Turkey Cutlet w/ Chef's Sauce</p> <p>Fresh Fruit</p>	<p>30 Pork Cutlets w/ Sage Gravy Or Rigatoni with Vegetarian style Bolognese Sauce Fresh Fruit</p> <p>Fresh Fruit</p>	<p>31 Catch of the Day Or Chickpea Korma Fancy Basmati Rice</p> <p>Fresh Fruit</p>			