



Lunch at the Cridge - Menu for September 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 Butternut Squash Ravioli Gorgonzola Sauce Fresh Fruit	2 Soup of the Day Grilled Cheese on Whole Wheat Tossed Greens Fresh Fruit
3 Soup of the Day Bacon and Eggs Hash Browns & Toast Fresh Fruit	4 Soup of the Day Chicken Strips Tossed Greens Honey Mustard Sauce Oatmeal Raisin Cookies	5 Soup of the Day Strawberry, Almond Arugula Salad w/Prosciutto Chips and Goat Cheese Warm Baguette Fresh Fruit	6 Soup of the Day Kamut Cranberry Scone Cottage Cheese and Fresh Fruit Fresh Fruit	7 Soup of the Day Macaroni and Cheese Tossed Greens Jell-O	8 Soup of the Day Chef's Salad Warm Baguette Fresh Fruit	9 Soup of the Day Prawn Tempura Soy Dipping Sauce Ginger Garlic Coleslaw Fresh Fruit
10 Soup of the Day Cinnamon French Toast w/ Bacon and Maple Syrup Fresh Fruit	11 Soup of the Day Bubble and Squeak Cakes Avocado Salsa and Sour Cream Tossed Greens Blueberry White Chocolate Cookies	12 Soup of the Day Chef's Creation Quiche Tossed Greens Fresh Fruit	13 Soup of the Day Paneer with Peas in Coconut Curry Sauce Jasmine Rice (unaged soft cheese which doesn't melt) Fresh Fruit	14 Soup of the Day Greek Salad, Hummus Tsatsiki & Pita Fresh Fruit	15 Soup of the Day Open Face Ruben with Fries Fresh Fruit	16 Soup of the Day Rainbow Tortellini w/ Marinara Sauce Parmesan Fresh Fruit
17 Soup of the Day Blueberry Buttermilk Pancakes with Turkey Sausages Fresh Fruit	18 Soup of the Day Baby Spinach Salad Cranberries, Pine Nuts Red Onion and Boiled Egg Raspberry Vinaigrette Warm Baguette Chocolate Chip Cookies	19 Soup of the Day Steamed Shrimp Dumplings Soy Dipping Sauce Mango Mayo Citrus Coleslaw Fresh Fruit	20 Soup of the Day Chef's Omelet Tossed Greens Jell-O	21 Soup of the Day Roasted Almond & Vegetable Pate Artisan Cheese & Grapes Pickles Warm Baguette Fresh Fruit	22 Soup of the Day Fish and Chips Coleslaw & Tartar Sauce Fresh Fruit	23 Soup of the Day Vegetarian Chili w/ Cornbread Sour Cream Fresh Fruit
24 Soup of the Day Soft Scrambled Eggs Hash Browns & Toast Fresh Fruit	25 Soup of the Day Pumpkin Raisin Muffin Cottage Cheese Fresh Fruit Dad's Cookies	26 Soup of the Day Penne Pasta w/ Marinara and Pesto Sauce Parmesan Fresh Fruit	27 Soup of the Day Asparagus and Cheddar Frittata Tossed Greens Fresh Fruit	28 Soup of the Day Roasted Pepper & Black Bean Quesadilla Tomato Avocado Salsa Sour Cream Fresh Fruit	29 Soup of the Day Black Forest Ham & Swiss Croissant Pickled Beets Fresh Fruit	30 Soup of the Day Thai Noodle Salad w/Roasted Cashews Fresh Fruit



Dinner at the Cridge - Menu for September 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
					1 Pork Loaf Fried Onions and Gravy Or Catch of the Day Fresh Fruit	2 Roast Lamb Sirloin Chef's Sauce Or Roast Chicken Drumsticks w/ Honey Mustard Sauce Fresh Fruit
3 Braised Beef Short-Ribs Red Wine Sauce Roast Potatoes Fresh Vegetables Chef's Dessert	4 Catch of the Day Or Breaded Pork Chops w/ Apple Sauce Fresh Fruit	5 Garlic Prawns Drawn Butter Rice Pilaf Fresh Vegetables Fresh Fruit	6 Turkey Loaf Fried Onions and Gravy Or Chickpea Korma w/Basmati Rice Fresh Fruit	7 Catch of the Day Or Spinach & Ricotta Crepes Marinara and Pesto Fresh Fruit	8 Pizza Night Hawaiian Chef's Special Vegetarian Fresh Fruit	9 Catch of the Day Or Bangers and Mash Fried Onions and Gravy Fresh Fruit
10 Roast Turkey Dinner Rich Gravy Traditional Stuffing Mashed Potatoes Chef's Vegetables Brownies	11 Boneless Pork Chops in Creamy Garlic Spinach Sauce Or Saigon Scallops Fresh Fruit	12 Catch of the Day Or Bison Loaf Fried Onions & Gravy Fresh Fruit	13 Grilled Ham Steak w/ Grainy Mustard Sauce Scalloped Potatoes Fresh Vegetables Fresh Fruit	14 Catch of the Day Or Canadian Lentil and Potato Pie Homemade Ketchup Fresh Fruit	15 Grilled Chicken Veloute Roast Potatoes Fresh Vegetables Fresh Fruit	16 Grilled Liver and Onions w/ Gravy Or Catch of the Day Fresh Fruit
17 Roast Strip-loin of Beef Rich Gravy Yorkshire Pudding Chef's potatoes Fresh Vegetables Chef's Dessert	18 Catch of the Day Or Stuffed Portabellini Mushroom w/Spinach & Artichokes Fresh Fruit	19 Roast Chicken Thighs Cacciatore Sauce Egg Noodles Asparagus Fresh Fruit	20 Pork Loaf Gravy and Fried Onions Or Catch of the Day Fresh Fruit	21 Beef Stew warm Baguette Or Spinach and Ricotta Crepes Marinara and Pesto Fresh Fruit	22 Turkey Medallions with two sauces Supreme and Cranberry Chef's Potatoes Fresh Vegetables Fresh Fruit	23 Shepherd's Pie with Gravy Or Roasted Scallops Chef's Sauce Fresh Fruit
24 Roast Pork Loin Rich Gravy Chef's Creation Gnocchi Fresh Vegetables Trifle	25 Meat Loaf Fried Onions and Gravy Or Catch of the Day Fresh Fruit	26 Chicken Pot Pie Puff Pastry Baby Potatoes Fresh Vegetables Fresh Fruit	27 Prawn Stir-Fry Teriyaki Sauce Jasmine Rice Spring Rolls Fresh Fruit	28 Grilled Pork Cutlets Light Mustard Sauce Or Baked Cannelloni w/ Marinara Sauce Fresh Fruit	29 Beef Bourguignon Warm Baguette Or Canadian Lentil and Potato Pie Homemade Ketchup Fresh Fruit	30 Roast Lamb Red Wine Sauce Or Catch of the Day Fresh Fruit