



Lunch at the Cridge - Menu for November 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 <i>Soup of the Day</i> Roast Chicken Caesar Salad Fresh Fruit	2 <i>Soup of the Day</i> Spaghetti with Meat Sauce Parmesan Jell-O	3 <i>Soup of the Day</i> Chef's Salad Warm Baguette Fresh Fruit	4 <i>Soup of the Day</i> All Beef Hot Dog with Fried Onions and Coleslaw Fresh Fruit
5 <i>Soup of the Day</i> Blueberry Buttermilk Pancakes with Bacon Fresh Fruit	6 <i>Soup of the Day</i> Roasted Corn, Black Bean and Green Onion Quesadilla Tomato Avocado Salsa Sour Cream Flourless Chocolate Cookies	7 <i>Soup of the Day</i> Sun dried Tomato Asparagus and Basil Frittata w/ Cheddar Cheese Tossed Greens Fresh Fruit	8 <i>Soup of the Day</i> Julienne Beets and Arugula Salad w/ Goat Cheese and Walnuts Warm Maple Balsamic Dressing Warm Baguette Fresh Fruit	9 <i>Soup of the Day</i> Savory Meat Pie Steamed Veggies Fresh Fruit	10 <i>Soup of the Day</i> Open face Ruben w/Fries Fresh Fruit	11 <i>Soup of the Day</i> Steamed Shrimp Dumplings Soy Dipping Sauce Mango Mayo Citrus Coleslaw Fresh Fruit
12 <i>Soup of the Day</i> Minced Ham & Scrambled Eggs Hash Browns and Toast Fresh Fruit	13 <i>Soup of the Day</i> Butternut Squash Ravioli w/ Gorgonzola Sauce Chocolate Chip Cookies	14 <i>Soup of the Day</i> Open face Cheddar Burger w/ Tossed Greens Fresh Fruit	15 <i>Soup of the Day</i> Blueberry Muffin Cottage Cheese Fresh Fruit Fresh Fruit	16 <i>Soup of the Day</i> Chef's Omelet Tossed Greens Jell-O	17 <i>Soup of the Day</i> Fish and Chips Coleslaw & Tartar Sauce Fresh Fruit	18 <i>Soup of the Day</i> Grilled Cheese Tossed Greens Fresh Fruit
19 <i>Soup of the Day</i> Cinnamon French Toast with Bacon & Maple Syrup Fresh Fruit	20 <i>Soup of the Day</i> Bubble & Squeak Cakes Tossed Greens Avocado Salsa Sour Cream Coconut Kisses	21 <i>Soup of the Day</i> Vegetarian Chili w/ Cornbread Sour Cream Fresh Fruit	22 <i>Soup of the Day</i> Penne Pasta w/ Marinara and Pesto Sauce Jell-O	23 <i>Soup of the Day</i> Chef's Creation Quiche Tossed Greens Fresh Fruit	24 <i>Soup of the Day</i> Baby Spinach Salad Cranberries, Pine Nuts Red Onion & Boiled Egg Raspberry Vinaigrette Warm Baguette Fresh Fruit	25 <i>Soup of the Day</i> Cheddar and Potato Perogies Fried Onions and Bacon Sour Cream Fresh Fruit
26 <i>Soup of the Day</i> Soft Scrambled Eggs Hash Browns & Toast Fresh Fruit	27 <i>Soup of the Day</i> Chicken Strips Tossed Greens Honey Mustard Sauce Dad's Cookies	28 <i>Soup of the Day</i> Pumpkin Raisin Muffin Cottage Cheese Fresh Fruit Fresh Fruit	29 <i>Soup of the Day</i> Ginger Garlic Prawns Quinoa Pilaf Sesame Sauce Fresh Fruit	30 <i>Soup of the Day</i> Grilled Ham and Cheese Sandwich on W.W. w/ Garden Salad Fresh Fruit		



Dinner at the Cridge - Menu for November 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 Grilled Ham Steak Grainy Mustard Demi-Glaze Scalloped Potatoes Fresh Vegetables Fresh Fruit	2 Braised Round Steak Red Wine Sauce Or Chickpea Korma Basmati Rice Fresh Fruit	3 Pizza Night Hawaiian Chef's Special Vegetarian Fresh Fruit	4 Boneless Pork Chops in Creamy Garlic Spinach Sauce Or Saigon Scallops Fresh Fruit
5 Chicken Mushroom Terrine Cranberries and Greens Chef's Sauce Chef's Potatoes Fresh Vegetables Lemon Meringue Pie	6 Catch of the Day Chef's Sauce Saffron Risotto Fresh Vegetables Fresh Fruit	7 Meat Loaf Fried Onions and Gravy Macaroni and Cheese Fresh Vegetables Fresh Fruit	8 Catch of the Day Or Vegetable Coconut Curry w/ Roasted Cashews Peach Crumble	9 Braised Pulled Pork Shoulder Natural Jus Creamy Tuscan Gnocchi w/ Sundried Tomatoes Spinach, Garlic and Sage Fresh Vegetables Fresh Fruit	10 Irish Lamb Stew Braised W/ Guinness Or Spinach & Ricotta Crepes Marinara & Pesto Fresh Fruit	11 Catch of the Day Or Liver and Onions with Gravy Fresh Fruit
12 Roast Chicken Dinner Pan Gravy Mashed Potatoes Fresh Vegetables Bread Pudding	13 Bison Loaf Fried Onions & Gravy Or Catch of the Day Fresh Fruit	14 Prawn Stir-fry Teriyaki Sauce Jasmine Rice Spring Rolls Fresh Fruit	15 Pork Cutlets w/ Sweet and Sour Sauce Fried Rice w/ Egg and Peas Fresh Vegetables Fresh Fruit	16 Grilled Turkey Medallions Fettuccini Alfredo Buttered Spinach Roasted Tomatoes Baked Squash Fresh Fruit	17 Beef Bourguignon Warm Baguette Or Canadian Lentil & Potato Pie Homemade Ketchup Fresh Fruit	18 Catch of the Day Chef's Sauce Chef's Creation Gnocchi Fresh Vegetables Fresh Fruit
19 Roast Striploin of Beef Rich gravy Yorkshire Pudding Chef's potatoes Fresh Vegetables Brownies	20 Catch of the Day Or Spinach & Ricotta Crepes Marinara & Pesto Fresh Fruit	21 Turkey Pot Pie Puff Pastry Baby Potatoes Fresh Vegetables Fresh Fruit	22 Pork Loaf Fried Onions and Gravy Or Catch of the Day Fresh Fruit	23 Swiss Steak w/Pearl Onions Or Baked Cannelloni w/ Marinara Sauce Fresh Fruit	24 Grilled Chicken Supreme with two sauces Supreme & Cranberry Chef's Potatoes Fresh Vegetables Fresh Fruit	25 Shepherds Pie w/ Gravy Or Catch of the Day Fresh Fruit
26 Roast Pork Loin Rich Gravy Chef's Potatoes Fresh Vegetables Trifle	27 Catch of the Day Or Stuffed Portabellini Mushroom w/Spinach & Artichokes Fresh Fruit	28 Braised Lamb Shoulder Natural Jus Or Canadian Lentil & Potato Pie Homemade Ketchup Fresh Fruit	29 Catch of the Day Or Bangers and Mash Fried Onions and Gravy Fresh Fruit	30 Roast Chicken Thighs Cacciatore Sauce Egg Noodles Parmesan Asparagus Fresh Fruit		