



Lunch at the Cridge - Menu for February 2024



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> Savory Meat Pie Steamed Veggies Fresh Fruit	2 <i>Soup of the Day</i> Chef's Salad Warm Baguette Fresh Fruit	3 <i>Soup of the Day</i> All Beef Hot Dog with Fried Onions and Coleslaw Fresh Fruit
4 <i>Soup of the Day</i> Soft Scrambled Eggs Hash Browns & Toast Fresh Fruit	5 <i>Soup of the Day</i> Roasted Corn, Black Bean and Green Onion Quesadilla Tomato Avocado Salsa Sour Cream Flourless Chocolate Chip Cookies	6 <i>Soup of the Day</i> Roasted Mushroom and Asparagus Frittata with Cheddar Cheese Tossed Greens Fresh Fruit	7 <i>Soup of the Day</i> Spaghetti with Meat Sauce Parmesan Fresh Fruit	8 <i>Soup of the Day</i> Vegetable Coconut Curry Rice Bowl with Cashews Fresh Fruit	9 <i>Soup of the Day</i> Open face Ruben w/ Fries Fresh Fruit	10 <i>Soup of the Day</i> Steamed Shrimp Dumplings Soy Dipping Sauce Mango Mayo Citrus Coleslaw Fresh Fruit
11 <i>Soup of the Day</i> Blueberry Buttermilk Pancakes with Sausages Fresh Fruit	12 <i>Soup of the Day</i> Julienne Beet and Arugula Salad w/ Feta and Walnuts Maple Balsamic Dressing Warm Baguette Peanut Butter Cookies	13 <i>Soup of the Day</i> Fried Rice with Egg, Peas and Green Onion Fresh Fruit	14 <i>Soup of the Day</i> Cranberry Orange Scone Cottage Cheese Fresh Fruit Fresh Fruit	15 <i>Soup of the Day</i> Chef's Omelet Tossed Greens Fresh Fruit	16 <i>Soup of the Day</i> Fish and Chips Coleslaw & Tartar Sauce Fresh Fruit	17 <i>Soup of the Day</i> Grilled Cheese Tossed Greens Fresh Fruit
18 <i>Soup of the Day</i> Cinnamon French Toast with Bacon & Maple Syrup Fresh Fruit	19 <i>Soup of the Day</i> Chicken Strips Tossed Greens Honey Mustard Sauce Coconut Kisses	20 <i>Soup of the Day</i> Pumpkin Raisin Muffin Cottage Cheese Fresh Fruit Fresh Fruit	21 <i>Soup of the Day</i> Chickpea Salad w/ Tomato and Cheese Focaccia Fresh Basil Balsamic Vinaigrette Fresh Fruit	22 <i>Soup of the Day</i> Chef's Creation Quiche Garden Salad Jell-O	23 <i>Soup of the Day</i> Shrimp Salad Croissant w/ Tossed Greens Fresh Fruit	24 <i>Soup of the Day</i> Cheddar and Potato Perogies Fried Onions and Bacon Sour Cream Fresh Fruit
25 <i>Soup of the Day</i> Bacon and Eggs Hash Browns & Toast Fresh Fruit	26 <i>Soup of the Day</i> Macaroni and Cheese Tossed Greens Dad's Cookies	27 <i>Soup of the Day</i> Vegetarian Chili w/ Cornbread Sour Cream Fresh Fruit	28 <i>Soup of the Day</i> Baby Spinach Salad Cranberries, Almonds Red Onion & Boiled Egg Raspberry Vinaigrette Warm Baguette Fresh Fruit	29 <i>Soup of the Day</i> Grilled Ham and Cheese Sandwich on Whole-wheat with Garden Salad Fresh Fruit		



Dinner at the Cridge - Menu for February 2024



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 Catch of the Day Chef's Sauce Braised Lentils Fresh Vegetables Fresh Fruit	2 Pizza Night Hawaiian Chef's Special Vegetarian Fresh Fruit	3 Catch of the Day Or Liver and Onions w/ Gravy Fresh Fruit
4 Roast Pork Loin Rich Gravy Chef's Potatoes Fresh Vegetables Date and Walnut Pudding	5 Catch of the Day Or Grilled Chicken w/ Chef's Sauce Fresh Fruit	6 Meat Loaf Fried Onions and Gravy Baked Potatoes Fresh Vegetables Fresh Fruit	7 Catch of the Day Tuscan Gnocchi w/ Sundried Tomatoes Spinach, Garlic and Sage Fresh Vegetables Fresh Fruit	8 Pulled BBQ Pork BBQ glaze Or Stuffed Portabellini Mushroom w/Spinach & Artichokes Fresh Fruit	9 Irish Lamb Stew Braised W/ Guinness Or Spinach & Ricotta Crepes Marinara & Pesto Fresh Fruit	10 Swiss Steak w/ Pearl Onions Or Individual Lentil Pie w/ Mushroom Sauce Fresh Fruit
11 Roast Chicken Dinner Pan Gravy Mashed Potatoes Fresh Vegetables Apple Crumble	12 Bison Loaf Fried Onions & Gravy Or Catch of the Day Fresh Fruit	13 Grilled Ham Steak Grainy Mustard Demi Glaze Scalloped Potatoes Fresh Vegetables Fresh Fruit	14 NY Steak w/ Red Wine Sauce Or Garlic Prawns Drawn Butter Mocha Chocolate Mousse	15 Grilled Chicken Fettuccini Alfredo Buttered Spinach Roasted Tomatoes Baked Squash Fresh Fruit	16 Beef Bourguignon Warm Baguette Or Baked Cannelloni w/ Marinara Sauce Fresh Fruit	17 Catch of the Day Or Chickpea Korma Basmati Rice Fresh Fruit
18 Roast Sirloin of Beef Rich gravy Yorkshire Pudding Chef's Potatoes Fresh Vegetables Chocolate Brownies	19 Catch of the Day Or Spinach & Ricotta Crepes Marinara & Pesto Fresh Fruit	20 Pork Cutlets with Sweet and Sour Sauce Fried Rice with Egg and Peas Fresh Vegetables Fresh Fruit	21 Catch of the Day Or Baked Meat Balls w/ Tomato Basil Sauce Fresh Fruit	22 Roasted Chicken Thighs Cacciatory Sauce Pesto Spaghetti Broccoli Fresh Fruit	23 Pork Loaf Fried Onions and Gravy Or Crispy Bean Cakes w/ Tsatsiki Peach Crumble	24 Indian Lamb Korma Or Catch of the Day Fresh Fruit
25 Roast Turkey Dinner Rich Gravy Traditional Stuffing Mashed Potatoes Chef's Vegetables Pumpkin Pie	26 Catch of the Day Or Bangers and Mash Fried Onions and Gravy Fresh Fruit	27 Prawn Stir-Fry Teriyaki Sauce Jasmine rice Spring Rolls Fresh Fruit	28 Catch of the Day Or Mushroom Ravioli w/ Gorgonzola Sauce Fresh Fruit	29 Deconstructed Chicken Pot Pie Puff Pastry Baby Potatoes Fresh Vegetables Fresh Fruit		