



Lunch at the Cridge - Menu for July 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> Penne Pasta w/ Marinara and Pesto Parmesan Fresh Fruit	2 <i>Soup of the Day</i> Strawberry, Almond Arugula Salad with Feta & Peppers Balsamic Vinaigrette Warm Baguette Fresh Fruit	3 <i>Soup of the Day</i> Chef's Creation Quiche Tossed Greens Fresh Fruit	4 <i>Soup of the Day</i> Assorted Muffins Cottage Cheese and Fresh Fruit Fresh Fruit	5 <i>Soup of the Day</i> Chicken Quesadilla w/ Avocado Salsa Sour Cream Fresh Fruit	6 <i>Soup of the Day</i> Steamed Shrimp Dumplings with Soy Dipping Sauce Mango Mayo Citrus Coleslaw Fresh Fruit
7 <i>Soup of the Day</i> Cinnamon French Toast and Bacon Fresh Fruit	8 <i>Soup of the Day</i> Chicken Strips Tossed Greens Honey Mustard Sauce Coconut Kisses	9 <i>Soup of the Day</i> Antipasto Genoa Salami, Tuscany Ham and Fontina Cheese Grapes, Cherry Tomatoes and Pickles Warm Baguette Fresh Fruit	10 <i>Soup of the Day</i> Ginger Garlic Roasted Prawns Quinoa Pilaf Sesame Sauce Fresh Fruit	11 <i>Soup of the Day</i> Roasted Mushroom Ravioli w/ Gorgonzola Sauce Jell-O	12 <i>Soup of the Day</i> South Western Spiced Minced Bison Salad Tortilla Chips and Cheddar Honey Lime Dressing Sour Cream Fresh Fruit	13 <i>Soup of the Day</i> Grilled Cheese w/ Fries Fresh Fruit
14 <i>Soup of the Day</i> Blueberry Buttermilk Pancakes with Bacon Fresh Fruit	15 <i>Soup of the Day</i> Watermelon Feta and Almond Salad Red Onion & Fresh Mint Blueberry Vinaigrette Warm Baguette Oatmeal Raisin Cookies	16 <i>Soup of the Day</i> Savory Meat Pie Buttered Peas and Corn Fresh Fruit	17 <i>Soup of the Day</i> Tomato and Fresh Mozzarella Salad Pesto, Balsamic Gastrique Warm Baguette Fresh Fruit	18 <i>Soup of the Day</i> Chef's Creation Quiche Tossed Greens Fresh Fruit	19 <i>Soup of the Day</i> Open Face Ruben with Fries Fresh Fruit	20 <i>Soup of the Day</i> Blueberry Muffin Cottage Cheese and Fresh Fruit Fresh Fruit
21 <i>Soup of the Day</i> Scrambled Eggs Hash Browns and Toast Fresh Fruit	22 <i>Soup of the Day</i> Roast Chicken Caesar Salad Peanut Butter Cookies	23 <i>Soup of the Day</i> Grilled Ham and Cheese on Whole Wheat Garden Salad Fresh Fruit	24 <i>Soup of the Day</i> Chef's Creation Frittata Jicama Carrot Salad Fresh Fruit	25 <i>Soup of the Day</i> Roasted Almond and Vegetable Pate Artisan Cheeses, Pickles Cherry Tomatoes, Grapes Warm Baguette Fresh Fruit	26 <i>Soup of the Day</i> Fish and Chips Coleslaw and Tartar Sauce Fresh Fruit	27 <i>Soup of the Day</i> Spaghetti w/ Meat Sauce Fresh Fruit
28 <i>Soup of the Day</i> Bacon & Eggs Hashbrowns & Toast Fresh Fruit	29 <i>Soup of the Day</i> Vegetable Coconut Curry w/ Jasmine Rice Roasted Cashews Chocolate Chip Cookies	30 <i>Soup of the Day</i> Lemon Blueberry Scone Cottage Cheese and Fresh Fruit Fresh Fruit	31 <i>Soup of the Day</i> Baby Spinach Salad Cranberries, Almonds Red Onion, Boiled egg Raspberry Vinaigrette Warm Baguette Fresh Fruit			



Dinner at the Cridge - Menu for July 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 Canada Day BBQ with Savory Salads and Corn on the Cob Chocolate Cake	2 Grilled Pork Chops Chefs Sauce OR Catch of The Day Fresh Fruit	3 Turkey Pot Pie Puff Pastry Baby Potatoes Fresh Vegetables Fresh Fruit	4 Catch of the Day OR Stuffed Portabellini Mushrooms with Spinach & Artichokes Fresh Fruit	5 Meat Loaf Fried Onions and Gravy Or Rainbow Tortellini w/ Marinara Sauce Fresh Fruit	6 Chef's Table Summer BBQ with Savory Salads and Corn on the Cob Fresh Fruit
7 Roast Beef Sirloin Gravy & Yorkshire Pudding Chef's Potatoes Fresh Vegetables Trifle	8 Bangers & Mash Fried Onions & Gravy OR Catch of the Day Fresh Fruit	9 <i>Pasta Night</i> Lasagna With Meat Sauce Or Baked Penne w/ Marinara Sauce Garden Salad & Garlic Bread Fresh Fruit	10 Grilled Chicken w/ Creamy Tuscan Gnocchi w/ Spinach, Sundried Tomatoes Garlic and Fresh Sage Fresh Vegetables Fresh Fruit	11 Pork Cutlets with Sweet & Sour Sauce Fried Rice with Eggs & Peas Fresh Vegetables Fresh Fruit	12 Catch of the Day OR Chickpea Korma Cashew Saffron Rice Fresh Fruit	13 Chef's Table Summer BBQ with Savory Salads and Corn on the Cob Fresh Fruit
14 Roast Turkey Dinner Rich Gravy Traditional Stuffing Mashed Potatoes Chef's Vegetables Pecan Pie	15 Breaded Pork Chops w/Apple Sauce OR Scallops Provencale Fresh Fruit	16 Catch of the Day OR Bison Loaf Fried Onions & Gravy Fresh Fruit	17 Chef's Table Summer BBQ with Savory Salads and Corn on the Cob Fresh Fruit	18 Chicken Stir-Fry Teriyaki Sauce Jasmine Rice Spring Rolls Fresh Fruit	19 Beef Bourguignonne Warm Baguette OR Canadian Lentil & Potato Pie Homemade Ketchup Fresh Fruit	20 Chef's Table Summer BBQ with Savory Salads and Corn on the Cob Fresh Fruit
21 Roast Pork Loin Rich Gravy Chef's Potatoes Fresh Vegetables Lemon Curd Tarts	22 Swiss Steak w/ Pearl Onions Or Garlic Prawns Drawn Butter Fresh Fruit	23 Catch of the Day OR Chickpea Korma Fancy Basmati Rice Fresh Fruit	24 Pulled BBQ Pork Or Grilled Liver and Onions Gravy Fresh Fruit	25 Roast Chicken Thighs Cacciatore Sauce Spaghetti Asparagus Fresh Fruit	26 Beef Stew OR Spinach and Ricotta Crepes w/ Marinara Sauce Pesto Fresh Fruit	27 Chef's Table Summer BBQ with Savory Salads and Corn on the Cob Fresh Fruit
28 Crispy Fried Chicken Mashed Potatoes with Gravy Fresh Vegetables Cinnamon Walnut Cake	29 Catch of the Day Or Pork Loaf Fried Onions & Gravy Fresh Fruit	30 Baked Meat Balls w/ Marinara Sauce OR Crispy Bean Cakes w/ Tsatsiki Fresh Fruit	31 Pizza Night Hawaiian Chefs Special Vegetarian Fresh Fruit			