



Lunch at the Cridge - Menu for September 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> Blueberry Buttermilk Pancakes with Bacon Fresh Fruit	2 <i>Soup of the Day</i> Chicken Quesadilla w/ Avocado Salsa Sour Cream Chocolate Chip Cookies	3 <i>Soup of the Day</i> Potato and Cheddar Perogies Fried Onions and Bacon Sour Cream Jell-O	4 <i>Soup of the Day</i> Grilled Ham and Cheese Sandwich on W.W. w/ Fries Fresh Fruit	5 <i>Soup of the Day</i> Chef's Creation Quiche w/ Jicama Corn Salad Honey Lemon Dressing Fresh Fruit	6 <i>Soup of the Day</i> Chef's Salad w/ Warm Baguette Fresh Fruit	7 <i>Soup of the Day</i> Steamed Shrimp Dumplings with Soy Dipping Sauce Mango Mayo Citrus Coleslaw Fresh Fruit
8 <i>Soup of the Day</i> Cinnamon French Toast with Bacon Fresh Fruit	9 <i>Soup of the Day</i> Chickpea Coconut Curry w/ Jasmine Rice Pilaf Roasted Cashews Almond Cookies	10 <i>Soup of the Day</i> Arugula Salad Cranberries, Almonds Red Onion, Boiled Egg Raspberry Vinaigrette Warm Baguette Fresh Fruit	11 <i>Soup of the Day</i> Grilled Smoked Turkey and Swiss Sandwich w/ Fries Fresh Fruit	12 <i>Soup of the Day</i> Lemon Blueberry Scone Domestic and Imported Cheeses and Fresh Fruit Fresh Fruit	13 <i>Soup of the Day</i> South Western Spiced Minced Bison Salad Tortilla Chips and Cheddar Honey Lime Dressing Sour Cream Fresh Fruit	14 <i>Soup of the Day</i> Grilled Cheese w/ Fries Fresh Fruit
15 <i>Soup of the Day</i> Scrambled Eggs Hash Browns and Toast Fresh Fruit	16 <i>Soup of the Day</i> Strawberry, Almond Arugula Salad with Feta & Peppers Balsamic Vinaigrette Warm Baguette Coconut Kisses Jell-O	17 <i>Soup of the Day</i> Vegetarian Chili with Cornbread Sour Cream Jell-O	18 <i>Soup of the Day</i> Roasted Mushroom Ravioli w/ Stilton Cream Sauce Fresh Fruit	19 <i>Soup of the Day</i> Chef's Creation Quiche Tossed Greens Fresh Fruit	20 <i>Soup of the Day</i> Prawn Tempura Soy Dipping Sauce Ginger Garlic Coleslaw Fresh Fruit	21 <i>Soup of the Day</i> Spaghetti w/ Meat Sauce Parmesan Fresh Fruit
22 <i>Soup of the Day</i> Bacon and Eggs Hash Browns and Toast Fresh Fruit	23 <i>Soup of the Day</i> Greek Salad, Hummus and Grilled Pita Bread Peanut Butter Cookies	24 <i>Soup of the Day</i> Savory Meat Pie Buttered Peas and Carrots Fresh Fruit	25 <i>Soup of the Day</i> Chef's Creation Frittata w/ Garden Salad Fresh Fruit	26 <i>Soup of the Day</i> Pumpkin Raisin Muffin Domestic and Imported Cheeses and Fresh Fruit Fresh Fruit	27 <i>Soup of the Day</i> Open Face Ruben with Fries Fresh Fruit	28 <i>Soup of the Day</i> Penne Pasta w/ Marinara Sauce and Pesto Fresh Fruit
29 <i>Soup of the Day</i> Scrambled Eggs Hash Browns and Toast Fresh Fruit	30 <i>Soup of the Day</i> Chicken Strips with Honey Mustard Sauce Tossed Greens Oatmeal Raisin Cookies					



Dinner at the Cridge - Menu for September 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 Roast Beef Striploin Gravy & Yorkshire Pudding Chef's Potatoes Fresh Vegetables <i>Apple Crumble</i>	2 Catch of the Day OR Canadian Lentil & Potato Pie Homemade Ketchup <i>Fresh Fruit</i>	3 Meat Loaf Fried Onions and Gravy OR Baked Cannelloni <i>Fresh Fruit</i>	4 Chicken Pot Pie Puff Pastry Baby Potatoes Fresh Vegetables <i>Fresh Fruit</i>	5 Catch of the Day White Wine Sauce Mushroom Risotto Fresh Vegetables <i>Fresh Fruit</i>	6 Irish Lamb Stew Braised with Guinness OR Spinach & Ricotta Crepes Marinara & Pesto <i>Fresh Fruit</i>	7 Turkey Cutlets w/ Gravy Or Rainbow Tortellini w/ Marinara Sauce <i>Fresh Fruit</i>
8 Tourtiere Rich Gravy Cranberry Sauce Baby potatoes Fresh Vegetables <i>Date and Walnut Pudding</i>	9 Swiss Steak Braised with Pearl Onions OR Catch of the Day <i>Fresh Fruit</i>	10 Roasted Garlic Prawns Drawn Butter Chef's Potatoes Fresh Vegetables <i>Fresh Fruit</i>	11 Pasta Night Lasagna w/ Meat Sauce OR Baked Penne with Marinara Sauce Garden Salad and Garlic Bread <i>Fresh Fruit</i>	12 Catch of the Day OR Stuffed Portabellini Mushrooms with Spinach & Artichokes <i>Fresh Fruit</i>	13 Grilled Chicken Supreme Saffron Cream Sauce Roast Potatoes Fresh Vegetables <i>Fresh Fruit</i>	14 Pork Loaf Fried Onions & Gravy OR Catch of the Day <i>Fresh Fruit</i>
15 Roast Turkey Dinner Rich Gravy Traditional Stuffing Mashed Potatoes Chef's Vegetables <i>Pumpkin Pie</i>	16 Bangers and Mash Fried Onions & Gravy OR Mushroom Ravioli with Gorgonzola Sauce <i>Fresh Fruit</i>	17 Catch of the Day OR Bison Loaf Fried Onions & Gravy <i>Fresh Fruit</i>	18 Pork Cutlets with Sweet & Sour Sauce Fried Rice with Egg and Peas Fresh Vegetables <i>Fresh Fruit</i>	19 Roasted Chicken Thighs Cacciatore Sauce Spaghetti Asparagus <i>Fresh Fruit</i>	20 Beef Stew OR Chickpea Korma Cashew Saffron Rice <i>Fresh Fruit</i>	21 Catch of the Day Or Spinach & Ricotta Crepes Marinara & Pesto <i>Fresh Fruit</i>
22 Roast Chicken Dinner Mashed Potatoes w/ Gravy Fresh Vegetables <i>Cheese Cake</i>	23 Grilled Pork Chops with Sage Mustard Sauce OR Scallops Provencale <i>Fresh Fruit</i>	24 Catch of the Day OR Braised Round Steak Red Wine Sauce <i>Fresh Fruit</i>	25 Prawn Stir-Fry Teriyaki Sauce Jasmine Rice Spring Rolls <i>Fresh Fruit</i>	26 Catch of the Day OR Turkey Loaf Fried Onions & Gravy <i>Fresh Fruit</i>	27 Beef Bourguignon Warm Baguette OR Crispy Bean Cakes w/ Tsatsiki <i>Fresh Fruit</i>	28 Grilled Chicken Chef's Sauce OR Catch of the Day <i>Fresh Fruit</i>
29 Roast Pork Loin Rich Gravy Chef's Potatoes Fresh Vegetables <i>Lemon Meringue Pie</i>	30 Catch of the Day Or Butternut Squash Ravioli w/ Brown Butter Sage Cream Sauce <i>Fresh Fruit</i>					