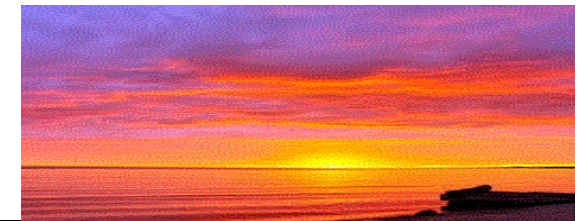
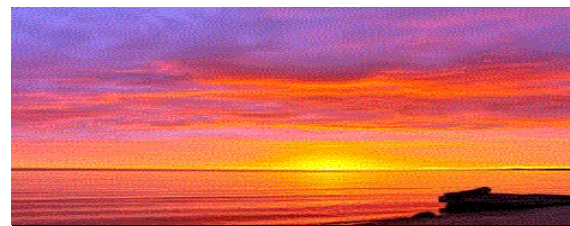


# Lunch at the Cridge - Menu for June 2020

\*\*\*Fresh sandwiches made daily as an option - Various selections\*\*\*

\*\*\*Juice or Milk\*\*\*

\*\*\*a variety of dessert options daily\*\*\*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Soup of the Day Chicken Strips Tossed Greens <i>Honey mustard sauce</i>  <b>Fresh Fruit</b>	2 Soup of the Day Spinach and mushroom Quesadilla Tomato salsa Sour Cream  <b>Fresh Fruit</b>	3 Soup of the Day Teriyaki vegetable Stir fry five spiced nuts Jasmine rice  <b>Fresh Fruit</b>	4 Soup of the Day Shrimp dumplings Mango mayo Soy dipping sauce Ginger garlic slaw  <b>Fresh Fruit</b>	5 Soup of the Day Almond pate Boiled egg, pickled vegetables Cheese Baguette <b>Fresh Fruit</b>	6 Soup of the Day Apple Raisin muffin cottage cheese fresh fruit
7 Soup of the Day Turkey sausages scrambled eggs hash browns toast  <b>Fresh Fruit</b>	8 Soup of the Day Mac and Cheese Sliced tomatoes Pesto vinegrette  <b>Fresh Fruit</b>	9 Soup of the Day Cajun spiced Minced beef salad Tortilla chips, cheese Honey lime dressing  <b>Fresh Fruit</b>	10 Soup of the Day Hummus and Pita Tzatziki sauce Greek Salad  <b>Fresh Fruit</b>	11 Soup of the Day Chef's Creation Quiche Tossed Greens  <b>Fresh Fruit</b>	12 Soup of the Day Fish and Chips Coleslaw Tartar Sauce  <b>Fresh Fruit</b>	13 Soup of the Day Chef Salad Warm Baguette  <b>Fresh Fruit</b>
14 Soup of the Day Kamut and buttermilk cakes with Blueberry comp Pork breakfast sausage  <b>Fresh Fruit</b>	15 Soup of the Day Adzuki bean and Roast Veg quesadilla Sour cream Avocado salsa  <b>Fresh Fruit</b>	16 Soup of the Day Baked lemon and asparagus lasagna Garlic bread  <b>Fresh Fruit</b>	17 Soup of the Day Chef's Deli plate Sliced meat, cheese Pickled veg, hard boiled egg Warm Baguette <b>Fresh Fruit</b>	18 Soup of the Day Grilled portabello Mushroom Caesar Salad  <b>Fresh Fruit</b>	19 Soup of the Day Tuna salad Croissant Jicama Corn salad apple cider vinegrette  <b>Fresh Fruit</b>	20 Soup of the Day Chive and sour cream Scone Cottage cheese Fresh Fruit  <b>Fresh Fruit</b>
21 Soup of the Day Tomato, Feta and Herb Frittata Bacon Toast  <b>Fresh Fruit</b>	22 Soup of the Day Hot artichoke and Spinach Dip with cucumbers and red pepper sticks Warm baguette <b>Fresh Fruit</b>	23 Soup of the Day Open Faced Reuben on Dark Rye with garden salad  <b>Fresh Fruit</b>	24 Soup of the Day Smoked Salmon and Seafood Penne Dill Bechamel sauce  <b>Fresh Fruit</b>	25 Soup of the Day Baby Spinach salad Crisp bacon Egg pickled red onion avocado <b>Fresh Fruit</b>	26 Soup of the Day Roast Chicken Thighs Waldorf Salad  <b>Fresh Fruit</b>	27 Soup of the Day Grilled Cheese sandwich Sliced tomatoes and cucumbers pesto vinegrette  <b>Fresh Fruit</b>
28 Soup of the Day Raisin French Toast Turkey Breakfast Sausage  <b>Fresh Fruit</b>	29 Soup of the Day Tempura Prawns Ginger soy dipping sauce Asian noodle salad  <b>Fresh Fruit</b>	30 Soup of the Day Spinach pie Tzatziki Greek Salad  <b>Fresh Fruit</b>				

# Dinner at the Cridge - Menu for June 2020

\*\*\* All dinner Entrées include seasonal fresh vegetables & various preparations of cereals and potatoes \*\*\*

\*\*\* Juice or Milk\*\*\*

\*\*\*Variety of dessert options\*\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Grilled Ham Steak Pineapple Salsa Scalloped Potatoes Spinach Parsnips Beets <b>Fresh Fruit</b>	2 Almond breaded sole with tartar sauce Quinoa pilaf Peppers Roasted Squash Peas <b>Fresh Fruit</b>	3 Roast Vegetable Turnover Taragon cream sauce Zucchini Carrots Broccoli <b>Fresh Fruit</b>	4 Bison Loaf Fried onions and gravy Perogies Cauliflower Turnips Roasted Mushrooms <b>Fresh Fruit</b>	5 Turkey Cutlets w/ Gravy Roasted baby potatoes Green Beans Braised cabbage Spinach <b>Fresh Fruit</b>	6 Chef's Table Summer BBQ With savory salad and Corn on the Cob <b>Fresh Fruit</b>
7 Roast Leg of Lamb Rosemary Scented Gravy Mashed potatoes Peas Parsnips Baked tomatoes <b>Fresh Fruit</b>	8 Pork medalions 5 spiced apple chutney Grilled polenta Asparagus Peppers and Braised fennel <b>Fresh Fruit</b>	9 Garlic prawns Drawn butter Jasmine Rice Bok Choy Romanesco <b>Fresh Fruit</b>	10 Bangers and Mash Fried Onions and Gravy Kale, mushrooms Butternut squash <b>Fresh Fruit</b>	11 Chicken Cordon Blue Sage Mustard Sauce Barley Risotto Broccoli Beets Yams <b>Fresh Fruit</b>	12 Arctic Char with lemon cream sauce Quinoa pilaf Zucchini Peas Swiss Chard <b>Fresh Fruit</b>	13 Chef's Table Summer BBQ With savory salad and Corn on the Cob <b>Fresh Fruit</b>
14 Roast Turkey Dinner Gravy, Cranberry sauce Roast Potatoes Stuffing Carrots, yams Asperagus <b>Fresh Fruit</b>	15 Thai Chickpea Curry Basmati Rice Grilled Naan bread Cauliflower Spinach Snap Peas <b>Fresh Fruit</b>	16 Liver and Onions Gracy Roast Garlic Mashed Pot Broccoli Turnips Baked Tomatoes <b>Fresh Fruit</b>	17 Roast Chicken Dinner Citrus Veloute Baby Blue potatoes Peppers Romanesco Green Beans <b>Mango Ice Cream</b>	18 Pork Chops Mushroom Sauce Wild Rice Braised Greens Celeriac and Beets <b>Fresh Fruit</b>	19 Beef Pot Pie Gravy Nugget Poatoes Asparagus <b>Fresh Fruit</b>	20 Chef's Table Summer BBQ With savory salad and Corn on the Cob <b>Fresh Fruit</b>
21 Roast Striploin Gravy Yorkshire Pudding Baked Potatoes Beets Carrots, peas <b>Fresh Fruit</b>	22 Roast Scallops Provencal Sauce Jasmine Rice Bok Choy Zucchini Cauliflower <b>Fresh Fruit</b>	23 Cabbage Rolls Perogies Green Beans Eggplant Parsnips <b>Fresh Fruit</b>	24 Turkey Loaf Fried Onions and Gravy Mashed Potatoes Braised Fennel Corn Romanesco <b>Fresh Fruit</b>	25 Pok Schnitzel with Spatzel and apple sauce Braised Cabbage Parsnips Roasted Mushrooms <b>Fresh Fruit</b>	26 Pizza Night! Hawaiian Vegetarian <b>Fresh Fruit</b>	27 Chef's Table Summer BBQ With savory salad and Corn on the Cob <b>Fresh Fruit</b>
28 Roast Porkloin Maple Miso Glaze Chive Mashed Potatoes Snap Peas Broccoli Carrots <b>Fresh Fruit</b>	29 Roast Vegetable Crepes White Wine Sauce Baked Tomatoes Beets and Kale <b>Fresh Fruit</b>	30 Cajun Spiced Rockfish Papaya Salsa Shrimp dumplings Spinach Zucchini Peppers <b>Fresh Fruit</b>				