



Lunch at the Cridge - Menu for April 2021



Fresh sandwiches made daily as an option - Various selections
 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
				<p>1 <i>Soup of the Day</i> Baby Spinach Salad Grape Tomatoes, Pine Nuts Red Onion and Boiled Egg Raspberry Vinaigrette Warm Baguette <i>Fresh Fruit</i></p>	<p>2 <i>Soup of the Day</i> Carrot Raisin Muffin Cottage Cheese Fresh Fruit <i>Jell-O</i></p>	<p>3 <i>Soup of the Day</i> Ginger Garlic Prawns Jasmine Rice Pilaf Sesame Sauce <i>Fresh Fruit</i></p>
<p>4 <i>Soup of the Day</i> Chef's Creation Frittata Hash browns Toast <i>Fresh Fruit</i></p>	<p>5 <i>Soup of the Day</i> Fish and Chips Coleslaw and Tartar Sauce <i>Fresh Fruit</i></p>	<p>6 <i>Soup of the Day</i> Butternut Squash Ravioli w/ Pesto Gorgonzola Sauce and Fresh Tomato <i>Fresh Fruit</i></p>	<p>7 <i>Soup of the Day</i> Chef's Creation Quiche Tossed Greens <i>Fresh Fruit</i></p>	<p>8 <i>Soup of the Day</i> Chickpea Coconut Curry Rice Pilaf Bowl with Cashews <i>Fresh Fruit</i></p>	<p>9 <i>Soup of the Day</i> South Western Spiced Minced Bison Salad Tortilla Chips and Honey Lime Dressing <i>Fresh Fruit</i></p>	<p>10 <i>Soup of the Day</i> Hot Artichoke and Spinach Fondue Cucumber Batons with Baguette <i>Fresh Fruit</i></p>
<p>11 <i>Soup of the Day</i> Bacon and fried Eggs Hash Browns Toast <i>Fresh Fruit</i></p>	<p>12 <i>Soup of the Day</i> Grilled Chicken Caesar Salad <i>Chocolate Chip Cookies</i></p>	<p>13 <i>Soup of the Day</i> Pinto Bean Whole Wheat Quesadilla Tomato Salsa Sour Cream <i>Fresh Fruit</i></p>	<p>14 <i>Soup of the Day</i> Steamed Shrimp Dumplings Soy Dipping Sauce Mango Mayo Citrus Coleslaw <i>Fresh Fruit</i></p>	<p>15 <i>Soup of the Day</i> Blueberry Kamut Scone Cottage Cheese and Fresh Fruit <i>Jell-O</i></p>	<p>16 <i>Soup of the Day</i> W.W. Penne Noodles with Meat Sauce and Parmesan Cheese <i>Fresh Fruit</i></p>	<p>17 <i>Soup of the Day</i> Grilled Cheese on Whole Wheat Tossed Greens <i>Fresh Fruit</i></p>
<p>18 <i>Soup of the Day</i> Kamut Blueberry Buttermilk Pancakes with Bacon <i>Fresh Fruit</i></p>	<p>19 <i>Soup of the Day</i> Chef's Salad Warm Baguette <i>Oatmeal Raisin Cookies</i></p>	<p>20 <i>Soup of the Day</i> Vegetarian Chili Cornbread Sour Cream <i>Fresh Fruit</i></p>	<p>21 <i>Soup of the Day</i> Open face Roast Beef and Sauerkraut on Rye Baked with Swiss Tossed Greens <i>Fresh Fruit</i></p>	<p>22 <i>Soup of the Day</i> Greek Salad, Hummus Tsatsiki and Pita <i>Fresh Fruit</i></p>	<p>23 <i>Soup of the Day</i> Chicken Strips w/ Tossed Greens Honey Mustard Sauce <i>Fresh Fruit</i></p>	<p>24 <i>Soup of the Day</i> Rainbow Tortellini with Marinara and Pesto Parmesan <i>Fresh Fruit</i></p>
<p>25 <i>Soup of the Day</i> Sausages and fried Eggs Hash Browns Toast <i>Fresh Fruit</i></p>	<p>26 <i>Soup of the Day</i> Baby Spinach Salad Grape Tomatoes, Pine Nuts Red Onion and Boiled Egg Raspberry Vinaigrette Warm Baguette <i>Ginger Cookies</i></p>	<p>27 <i>Soup of the Day</i> Ginger Garlic Prawns Jasmine Rice Pilaf Sesame Sauce <i>Fresh Fruit</i></p>	<p>28 <i>Soup of the Day</i> Cranberry Orange Kamut Scone Cottage Cheese and Fresh Fruit <i>Jell-O</i></p>	<p>29 <i>Soup of the Day</i> Chef's Creation Quiche Tossed Greens <i>Fresh Fruit</i></p>	<p>30 <i>Soup of the Day</i> Adjuki Bean and Green Pepper Whole Wheat Quesadilla Tomato Salsa Sour Cream <i>Fresh Fruit</i></p>	



Dinner at the Cridge - Menu for April 2021

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

*** Tossed Green Salad available with choice of fresh made dressings ***

*** Bread 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
				<p><i>1</i> Catch of the Day Or Bangers and Mash Fried Onions and Gravy</p> <p><i>Fresh Fruit</i></p>	<p><i>2</i> Grilled Turkey Supreme with Shallot Sauce Cranberry Sauce Chef's Potatoes Fresh Vegetables</p> <p><i>Fresh Fruit</i></p>	<p><i>3</i> Braised Round Steak with Pearl Onions Or Roasted Vegetable Turnover Tarragon Cream Sauce</p> <p><i>Fresh Fruit</i></p>
<p><i>4</i> Roast Pork Loin Scalloped Potatoes Buttered Peas Orange Glazed Carrots Confetti Corn</p> <p><i>Chocolate Cake</i></p>	<p><i>5</i> Roast Chicken Thighs Or Chickpea Patties with Tsatsiki Sauce</p> <p><i>Fresh Fruit</i></p>	<p><i>6</i> Catch of the Day Or Cabbage Rolls with Perogies</p> <p><i>Fresh Fruit</i></p>	<p><i>7</i> Grilled Ham Steak Pineapple Salsa Or Turkey Cutlet Cranberry Sauce</p> <p><i>Fresh Fruit</i></p>	<p><i>8</i> Bison Loaf Fried Onions and Gravy Or Catch of the Day</p> <p><i>Fresh Fruit</i></p>	<p><i>9</i> Pizza Night Hawaiian Meat Lovers Vegetarian</p> <p><i>Fresh Fruit</i></p>	<p><i>10</i> Breaded Pork Chops w/ Apple Sauce Or Catch of the Day</p> <p><i>Fresh Fruit</i></p>
<p><i>11</i> Roast Striploin of Beef Yorkshire Pudding Rich Gravy Chef's Potatoes and Fresh Vegetables</p> <p><i>Apple Crumble</i></p>	<p><i>12</i> Catch of the Day Or Spinach and Ricotta Crepes Tomato Basil Sauce</p> <p><i>Fresh Fruit</i></p>	<p><i>13</i> Pork Loaf Fried Onions and Gravy Or Catch of the Day</p> <p><i>Fresh Fruit</i></p>	<p><i>14</i> Turkey Pot Pie Baby Potatoes Fresh Vegetables Puff Pastry</p> <p><i>Fresh Fruit</i></p>	<p><i>15</i> Braised Round Steak with Pearl Onions Or Catch of the Day</p> <p><i>Fresh Fruit</i></p>	<p><i>16</i> Grilled Chicken w/ Mushroom Sauce Quinoa Pilaf Fresh Vegetables</p> <p><i>Fresh Fruit</i></p>	<p><i>17</i> Grilled Liver and Onions Gravy Or Catch of the Day</p> <p><i>Fresh Fruit</i></p>
<p><i>18</i> Roast Chicken Dinner Mashed Potatoes and Gravy Broccoli au Gratin Roast Tomatoes Corn</p> <p><i>Rice Pudding</i></p>	<p><i>19</i> Catch of the Day Or Bison Loaf Fried Onions and Gravy</p> <p><i>Fresh Fruit</i></p>	<p><i>20</i> Pork Cutlet with Mushroom Sauce Or Spinach and Ricotta Baked Cannelloni</p> <p><i>Fresh Fruit</i></p>	<p><i>21</i> Grilled Chicken Supreme Veloute & Cran Sauce Roast Potatoes Fresh vegetables</p> <p><i>Fresh Fruit</i></p>	<p><i>22</i> Catch of the Day Or Chickpea Indian Korma Fancy Basmati Rice</p> <p><i>Fresh Fruit</i></p>	<p><i>23</i> Beef Stew Warm Baguette</p> <p><i>Fresh Fruit</i></p>	<p><i>24</i> Catch of the Day Or Roasted Vegetable Turnover Tarragon Cream Sauce</p> <p><i>Fresh Fruit</i></p>
<p><i>25</i> Roast Turkey Dinner Gravy and Cran Sauce Traditional Stuffing Brussel Sprouts with Cheese Sauce Carrots and Corn</p> <p><i>Lemon Bar</i></p>	<p><i>26</i> Breaded Pork Chops with Mushroom Cream Sauce Or W.W. Baked Spaghetti with Roasted Mushrooms Tomato Basil Sauce</p> <p><i>Fresh Fruit</i></p>	<p><i>27</i> Meat Loaf Fried Onions & Gravy Or Individual Lentil and Potato Pie with Homemade Ketchup</p> <p><i>Fresh Fruit</i></p>	<p><i>28</i> Catch of the Day Or Turkey Bangers and Mash Fried Onions and Gravy</p> <p><i>Fresh Fruit</i></p>	<p><i>29</i> NY Steak Or Chicken Teriyaki Jasmine Rice Fresh Vegetables</p> <p><i>Fresh Fruit</i></p>	<p><i>30</i> Catch of the Day Or Spinach and Ricotta Crepes Tomato Basil Sauce Pesto</p> <p><i>Fresh Fruit</i></p>	

The Cridge Village Seniors Centre

Recreation Calendar for June 2014 ** First Week**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
11:00 Chair Fitness	11:00 News Group	11:00 News Group	11:00 News Group	11:00 News Group	11:00 News Group	
1:30 Tillicum Mall	2:00 Computer Hour			11:00 Chapel	11:00 News Group	
	3:00 Book Club	2:00 Walking	2:30 Memoir WS	1:00 Musical Memories	2:00 Knitting	
6:30 Music Night	4:00 Exercise	4:00 Exercise	4:00 Exercise	2:00 Mental Aerobics	3:30 Happy Hour	
A Salute to Vienna				4:00 Exercise	Tom Gough	
6:30 Rummy-O	6:30 Trivia	6:30 Scrabble	6:45 Gentle Stretch	6:30 Groceries		6:30 Quiz Night
				6:30 Documentary	6:30 Cinema	

Check your mailboxes for the full calendar
on Tuesday evening!!

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