

Mingles Café Lunch Menu – February 2025



Whitby 55+ Recreation Services- 801 Brock Street South, Whitby, ON
905.668.1424

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 3 Fish with Stir Fry Sauce Stir Fry Vegetables Rice Cream Corn & Chicken Soup	Feb 4 Meat Lasagna Caesar Salad Garlic Bread Mushroom Soup	Feb 5 Butter Chicken Peas & Carrots Yellow Rice Potato & Onion Tomato Soup	Feb 6 Roast Beef Broccoli Diced Herb Potatoes Vegetable Soup	Feb 7 Ham Steak Carrots Mashed Potatoes Broccoli & Cheese Soup
Feb 10 Spaghetti with Meat Sauce Seasonal Salad Garlic Bread Minestrone Soup	Feb 11 Ham & Vegetable Quiche Pasta Salad Split Pea & Bacon Soup	Feb 12 BBQ Chicken Drumstick Baked Beans Potato Wedges Celery Soup	Feb 13 Swedish Meatballs Mixed Vegetables Mashed Potatoes Potato & Leek Soup	Feb 14 Breaded Fish Cream Corn, Peas and Carrot Salad Herb Potatoes Carrot Soup
Feb 17 Closed for Family Day	Feb 18 Roast Beef Peas Mashed Potatoes Lentil Soup	Feb 19 Breaded Chicken Coleslaw Potato Wedges Tomato Soup	Feb 20 Meat Loaf Cauliflower Mashed Potatoes Vegetable & Bean Soup	Feb 21 Chicken Alfredo Caesar Salad Cream of Vegetable Soup
Feb 24 Breaded Fish Coleslaw Potato Wedges Carrot Soup	Feb 25 Spaghetti & Meatballs Green Beans Chicken & Rice Soup	Feb 26 Chicken Stir Fry Stir Fry Vegetables Rice Lentil & Spinach Soup	Feb 27 Turkey Schnitzel Carrots ½ Baked Potato Squash Soup	Feb 28 Roast Chicken Legs Turnips Mashed Potatoes Cauliflower Soup

Café Pricing

Beverages

Tea	\$ 1.55
Coffee	\$ 1.55
White Milk	\$ 2.20
Chocolate Milk	\$ 2.20
Bottled Water	\$ 1.35
Canned Pop	\$ 1.35

Desserts

Muffin/Tea Biscuit	\$ 2.40
Cookies	\$ 1.80
Cake/Pie	\$ 2.65
Tart/Pastry	\$ 2.65
Date Square	\$ 2.65
Sugar Free - Available	

Sandwiches & Salads

Cold Cut Meat Sandwich	\$ 4.40
Egg Salad Sandwich	\$ 4.00
Tuna Salad Sandwich	\$ 4.40
Small Salad	\$ 2.65
Salad with Meat	\$ 5.55

Hot Lunch Items

Soup	\$ 3.10
Lunch Plate (Main Course Only)	\$ 7.75
Lunch Combo (Soup or Salad, Main Course, Dessert, and Coffee or Tea)	\$ 8.85
Pre Order- Frozen Meals (Main Course Only)	\$7.75

Hours of Operation

Monday to Friday from 9:00am – 2:30 pm
Hot Lunch Items will be served from 11:30 am - 1:00 pm

All Prices Include Tax, Cash Only- Prices reflect tax break until February 15 2025.



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