

Mingles Café Lunch Menu – July 2024



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

Monday	Tuesday	Wednesday	Thursday	Friday
July 1	July 2	July 3	July 4	July 5
Closed Canada Day	2 Drumsticks Beets Rice Squash Soup	Beef Brisket Cabbage Potato Wedges Celery Soup	Swedish Meatballs Peas Scalloped Potatoes Beef & Barley Soup	Breaded Chicken Coleslaw Potato Wedges Mushroom Soup
July 8	July 9	July 10	July 11	July 12
Cabbage Roll Mixed Vegetable Perogies Carrot Soup	Roast Chicken Legs Peas Rice Cauliflower Soup	Breaded Fish Coleslaw Potato Wedges Celery Soup	English Sausage Baked Beans Mashed Potatoes Beef & Vegetable Soup	Meat Loaf Turnips Dice Herb Potatoes Tomato Soup
July 15	July 16	July 17	July 18	July 19
Chicken Stir Fry Seasonal Salad Rice Split Pea Soup	Turkey Schnitzel Carrots 1/2 Baked Potato Squash	Spaghetti with Meat Sauce Seasonal Salad Garlic Bread Minestrone Soup	Chicken Pot Pie Green Beans Potato & Leek Soup	BBQ Chicken Drumstick Baked Beans Potato Wedges Celery Soup
July 22	July 23	July 24	July 25	July 26
Meat Lasagna Ceasar Salad Garlic Bread Vegetable Soup	Ham Steak Cauliflower Mashed Potatoes Minestrone Soup	English Sausage Steam Cabbage Rice Peas Soup	Swedish Meatballs Peas Scalloped Potatoes Beef & Barley Soup	Mac and Cheese with Chicken Seasonal Salad Chicken & Rice Soup
July 29	July 30	July 31		
Meatloaf Peas Mashed Potatoes Spinach Lentil Soup	Turkey Schnitzel Carrots 1/2 Baked Potato Squash Soup	Meat Lasagna Caesar Salad Garlic Bread Cream of Vegetable		

Café Pricing

Beverages

Tea	\$ 1.75
Coffee	\$ 1.75
White Milk	\$ 2.50
Chocolate Milk	\$ 2.50
Bottled Water	\$ 1.50
Canned Pop	\$ 1.50

Desserts

Muffin/Tea Biscuit	\$ 2.75
Cookies	\$ 2.00
Cake/Pie	\$ 3.00
Tart/Pastry	\$ 3.00
Date Square	\$ 3.00

Sandwiches & Salads

Cold Cut Meat Sandwich	\$ 5.00
Egg Salad Sandwich	\$ 4.50
Tuna Salad Sandwich	\$ 5.00
Small Salad	\$ 3.00
Salad with Meat	\$ 6.25

Hot Lunch Items

Soup	\$ 3.50
Lunch Plate (Main Course Only)	\$ 8.75
Lunch Combo (Soup or Salad, Main Course, Dessert, and Coffee or Tea)	\$ 10.00
Frozen Meals (Main Course Only)	\$8.75

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

