

Mingles Café Lunch Menu – March 2025



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

Monday	Tuesday	Wednesday	Thursday	Friday
Mar 3 Sausage Carrots Mashed Potatoes Chicken & Rice Soup	Mar 4 Beef Pot Pie Green Beans Seasonal Salad Spinach Lentil Soup	Mar 5 Cabbage Rolls Mixed Vegetables Perogies Celery Soup	Mar 6 Butter Chicken Peas & Carrots Yellow Rice Potato & Onion Tomato Soup	Mar 7 Ham & Veg Quiche Pasta Salad Squash Soup
Mar 10 Liver & Onions Turnips ½ Baked Potato Split Pea & Bacon Soup	Mar 11 Breaded Chicken Coleslaw Potato Wedges Carrot Soup	Mar 12 Spaghetti with Meatballs & Tomato Sauce Green Beans Broccoli & Cheese Soup	Mar 13 Grilled Chicken Broccoli Herb Potatoes Cream of Vegetable Soup	Mar 14 Roast Beef Peas Mashed Potatoes Tomato Soup
Mar 17 BBQ Chicken Drumstick Baked Beans Potato Wedges Celery Soup	Mar 18 Meat Loaf Peas & Carrots Mashed Potatoes Vegetable & Bean Soup	Mar 19 Fish with Stir Fry Sauce Stir Fry Vegetables Rice Cream Corn & Chicken Soup	Mar 20 Spaghetti with Meat Sauce Seasonal Salad Garlic Bread Potato & Leek Soup	Mar 21 Ham Steak Cauliflower Mashed Potatoes Broccoli & Cheese Soup
Mar 24 Pork Schnitzel Carrots ½ Baked Potato Squash Soup	Mar 25 Salsbury Steak Mixed Vegetables Herb Potatoes Spinach Lentil Soup	Mar 26 Roast Beef Peas Mashed Potatoes Mushroom Soup	Mar 27 Roast Chicken Legs Corn Rice Tomato Soup	Mar 28 Chicken Stir Fry Vegetables Fried Rice Cream Corn & Chicken Soup
Mar 31 Breaded Fish Coleslaw Potato Wedges Carrot Soup				

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
Sugar Free - Available	

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
Pre Order- 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



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