

# Mingles Café Lunch Menu – September 2024



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

905.668.1424

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| September 2<br><br>Closed for renovations  | September 3   | September 4   | September 5  | September 6  |
| September 9  | September 10  | September 11  | September 12   | September 13   |
| September 16<br>Cabbage Roll<br>Mixed Vegetable<br>Perogies<br>Celery Soup           | September 17<br>Roast Beef<br>Peas<br>Mashed Potatoes<br>Lentil Soup        | September 18<br>Breaded Fish<br>Coleslaw<br>Potato Wedges<br>Carrot Soup            | September 19<br>Meat Loaf<br>Mix Veggies<br>Mashed Potatoes<br>Chicken & Rice  | September 20<br>Chicken with Onions & Peppers in Tomato Sauce<br>Garden Salad<br>Spaghetti<br>Broccoli & Cheese Soup |
| September 23<br>Ham Steak<br>Cauliflower<br>Mashed Potatoes<br>Minestrone Soup       | September 24<br>Breaded Chicken<br>Coleslaw<br>Potato Wedges<br>Carrot Soup | September 25<br>Chicken Stir Fry<br>Seasonal Salad<br>Rice<br>Lentil & Spinach Soup | September 26<br>Turkey Schnitzel<br>Carrots<br>1/2 Baked Potato<br>Squash Soup | September 27<br>Roast Chicken Legs<br>Peas<br>Rice<br>Cream Of Cauliflower Soup                                      |
| September 30<br>Ham and Vegetable<br>Quiche<br>Pasta Salad<br>Split Pea & Bacon 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<br>(Main Course Only)                                       | \$ 8.75  |
| Lunch Combo<br>(Soup or Salad, Main Course, Dessert, and Coffee or Tea) | \$ 10.00 |
| Pre Order- Frozen Meals<br>(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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