

Whitby Seniors' Activity Centre Lunch Menu - February 2019

Town of Whitby Seniors' Services - 801 Brock Street South, Whitby, ON 905.668.1424

Monday	Tuesday	Wednesday	Thursday	Friday
				February 1 Roast Beef Green Beans Mashed Potatoes Mexicali Bean Soup
February 4 Caribbean Chicken Legs Green Beans Fried Rice Bean & Vegetable Soup	February 5 Jerk Pork & Rice Wrap Coleslaw Chicken Noodle Soup	February 6 Penne with Chicken Seasonal Salad Garlic Bread Cream of Celery Soup	February 7 Pork Ribs Corn Herbed Potatoes Lentil Soup	February 8 Grilled Chicken Peas Brown Rice Cream Cauliflower Soup
February 11 Meat Lasagna Ceasar Salad Garlic Bread Vegetable Soup	February 12 Chicken Pot Pie Beets Mashed Potatoes French Onion Soup	February 13 Tandoori Chicken Legs Yellow Rice Riata Potato and Onion Soup	February 14 Spaghetti with Meat Sauce Seasonal Salad Garlic Bread Minestrone Soup	February 15 Liver and Onions Mixed Vegetables Mashed Potatoes Mushroom Soup
February 18 Family Day Centre Closed	February 19 Meat Pie Garden Salad Scalloped Potatoes Broccoli & Cheese Soup	February 20 Chicken Stir Fry Seasonal Salad Rice Cream Corn & Chicken Soup	February 21 Honey Lemon Chicken Squash Roast Potatoes Cream of Broccoli Soup	February 22 Shepherd's Pie Turnips Salad Bacon & Vegetable Soup
February 25 Butter Chicken Rice Peas and Carrots Potato and Leek Soup	February 26 Chicken Pot Pie Steamed Cabbage Salad Beef & Vegetable Soup	February 27 Swedish Meatballs Peas Mashed Potatoes Cream of Barley Soup	February 28 Salsbury Steak Cauliflower Potato Wedges Spinach and Lentil Soup	

Cafeteria Pricing

Beverages

Tea	\$ 1.00
Specialty Tea	\$ 1.10
Coffee	\$ 1.10
Apple Juice	\$ 1.60
Cranberry Juice	\$ 1.60
Orange Juice	\$ 1.60
Fruit Punch Juice	\$ 1.60
V8	\$ 2.25
White Milk	\$ 1.50
Chocolate Milk	\$ 1.50
Bottled Water	\$ 1.50
Canned Pop	\$ 1.50

Desserts

Yogurt	\$ 1.25
Ice Cream	\$ 1.25
Fresh Fruit	\$ 1.65
Muffin /Cookies	\$ 1.10
Cake/Pie	\$ 1.65
Tea Biscuit	\$ 1.10
Toast and Jam	\$ 1.00
Tart/Pastry	\$ 1.25

Sandwiches & Salads

Ham & Cheese	\$ 3.25
Turkey Sandwich	\$ 3.25
Roast Beef Sandwich	\$ 3.25
Egg Salad Sandwich	\$ 2.50
Salmon Salad Sandwich	\$ 3.25
Tuna Salad Sandwich	\$ 3.25
Various Wraps	\$ 3.50
Small Salad	\$ 1.95
Salad with Meat	\$ 5.25

Hot Lunch Items

Soup	\$ 2.00
Lunch Plate (Main Course Only)	\$ 5.95
Lunch Combo (Soup or Salad, Main Course, Dessert, and Coffee or Tea)	\$ 7.95

Hours of Operation

Monday to Friday from 8:30 a.m. - 3:00 p.m.

Hot Lunch Items will be served from 11:30 a.m. - 1:00 p.m.

All Prices Include Tax, Cash Only

