

Whitby Seniors' Activity Centre Lunch Menu - August 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
			August 1 2 Drumsticks Beets Potato Wedges Chicken and Rice Soup	August 2 Beef Brisket Cabbage Mashed Potatoes Minestrone Soup
August 5 Civic Holiday Centre Closed	August 6 Turkey Schnitzel Carrots ½ Baked Potato Potato and Leek Soup	August 7 Liver and Onions Turnips Mashed Potatoes Vegetable Soup	August 8 Ham & Veggie Quiche Pasta Salad Split Pea & Bacon Soup	August 9 Breaded Chicken Carrots Roasted Potatoes Beef and Barley Soup
August 12 Cabbage Rolls Peas and Carrots Perogies Carrot Soup	August 13 Roast Chicken Legs Green Beans Fried Rice Bean & Veggie Soup	August 14 Beef Stroganoff Carrots Penne Pasta Chicken Noodle Soup	August 15 Meat Loaf Mixed Veggies Mashed Potatoes Cream of Celery Soup	August 16 Pork Ribs Corn Herb Potatoes Lentil Soup
August 19 Roast Beef Turnips Mashed Potatoes Pea Soup	August 20 Meat Lasagna Ceasar Salad Garlic Bread Vegetable Soup	August 21 Chicken Pot Pie Beets Mashed Potatoes French Onion Soup	August 22 Tandoori Chicken Legs Yellow Rice Peas and Carrots Potato, Onion & Tomato Soup	August 23 Spaghetti with Meat Sauce Seasonal Salad Garlic Bread Minestrone Soup
August 26 BBQ Chicken Drumstick Green Beans Herbed Potatoes Cream of Tomato Soup	August 27 Cabbage Rolls Mixed Vegetables Perogies Vegetable & Ham Soup	August 28 Meat Pie Garden Salad Scalloped Potatoes Broccoli & Cheese Soup	August 29 Chicken Stir Fry Seasonal Salad Rice Cream Corn and Chicken Soup	August 30 Roast Pork with Apples Squash Roast Potatoes Cream of Vegetable 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

