

Whitby Seniors' Activity Centre Lunch Menu - March 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
				March 1 Chicken and Mushroom Stew Green Beans Rice Squash Soup
March 4 Ginger White Fish Mixed Veggies Rice Cream of Vegetable Soup	March 5 Roast Chicken Green Beans Mashed Potatoes Cream of Mushroom Soup	March 6 Roast Pork with Apples Baked Beans Scalloped Potatoes Tomato and Rice Soup	March 7 Turkey Schnitzel Carrots Half Baked Potato Potato and Leek Soup	March 8 Liver and Onions Turnips Mashed Potatoes Vegetable Soup
March 11 Roast Beef Green Beans Mashed Potatoes Mexicali Bean Soup	March 12 Bavarian Sausage Baked Beans Mashed Potatoes Cabbage Soup	March 13 Cabbage Rolls Peas and Carrots Perogies Carrot Soup	March 14 Caribbean Chicken Legs Green Beans Fried Rice Bean and Veggie Soup	March 15 Penne with Chicken Seasonal Salad Garlic Bread Chicken Noodle Soup
March 18 Grilled Chicken Peas Brown Rice Cream of Cauliflower Soup	March 19 Veal Parmigiana Carrots Herb Potatoes Tomato and Rice Soup	March 20 Roast Beef Turnips Mashed Potatoes Pea Soup	March 21 Meat Lasagna Ceasar Salad Garlic Bread Vegetable Soup	March 22 Chicken Pot Pie Beets Mashed Potatoes French Onion Soup
March 25 Pork Chop Coleslaw Potato Wedges Mushroom Soup	March 26 Meat Loaf Seasonal Salad Mashed Potatoes Chicken Noodle Soup	March 27 Baked Sea Basa Green Beans Herbed Potatoes Cream of Tomato Soup	March 28 Cabbage Rolls Mixed Veggies Perogies Vegetable & Ham Soup	March 29 Meat Pie Garden Salad Scalloped Potatoes Broccoli & Cheese 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

