

Whitby Seniors' Activity Centre Lunch Menu - September 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
September 2 Labour Day Centre Closed	September 3 Butter Chicken Peas and Carrots Rice Potato and Leek Soup	September 4 English Sausage Steamed Cabbage Mashed Potatoes Beef and Veggie Soup	September 5 Swedish Meatballs Peas Mashed Potatoes Cream of Barley Soup	September 6 Liver & Onions Mixed Vegetables Mashed Potatoes Spinach Lentil Soup
September 9 Beef Brisket Cabbage Mashed Potatoes Minestrone Soup	September 10 Minced Meat Pie Mixed Veggies Coleslaw Cream of Veggie Soup	September 11 Chicken Lasagna Green Beans Garlic Bread Cream of Mushroom Soup	September 12 Roast Pork with Apple Baked Beans Scalloped Potatoes Tomato & Rice Soup	September 13 Turkey Schnitzel Carrots Baked Potato Potato and Leek Soup
September 16 Breaded Chicken Carrots Roasted Potatoes Beef and Barley Soup	September 17 Spaghetti & Meatballs Green Beans Mexicali Bean Soup	September 18 Bavarian Sausage Baked Beans Mashed Potatoes Cabbage Soup	September 19 Cabbage Rolls Peas and Carrots Perogies Carrot Soup	September 20 Roast Chicken Legs Green Beans Fried Rice Bean and Veggie Soup
September 23 Pork Ribs Corn Diced Herbed Potatoes Lentil Soup	September 24 Perri Perri Chicken Legs Peas Brown Rice Cream of Cauliflower Soup	September 25 Spaghetti & Meatballs Green Beans Tomato and Rice Soup	September 26 Roast Beef Turnips Mashed Potatoes Pea Soup	September 27 Meat Lasagna Ceasar Salad Garlic Bread Vegetable Soup
September 30 Spaghetti with Meat Sauce Seasonal Salad Garlic Bread Minestrone 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

