

# Mingles Café Lunch Menu – October 2023



**Whitby 55+ Recreation Services-** 801 Brock Street South, Whitby, ON  
905.668.1424

Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 2</b> Roast Pork with Apple Baked Beans Scalloped Potatoes Tomato and Rice Soup	<b>October 3</b> Turkey Schnitzel Carrots Half of a Baked Potato Potato and Leek Soup	<b>October 4</b> Liver and Onions Turnip Mashed Potatoes Vegetable Soup	<b>October 5</b> Ham and Vegetable Quiche Pasta Salad Split Pea and Bacon Soup	<b>October 6</b> Breaded Chicken Carrots Penne Pasta with Cream Sauce Beef and Barley Soup
<b>October 9</b>  <b>Kitchen Closed</b>	<b>October 10</b> Roast Chicken Legs Green Beans Fried Rice Bean and Vegetable Soup	<b>October 11</b> Beef Stroganoff Carrots Penne Pasta Chicken Noodle	<b>October 12</b> Meatloaf Mixed Vegetables Mashed Potatoes Cream of Celery Soup	<b>October 13</b> Breaded Fish Corn Potato Wedges Lentil Soup
<b>October 16</b> Salsbery Steak Turnip Mashed Potatoes Pea Soup	<b>October 17</b> Meat Lasagna Ceasar Salad Garlic Bread Vegetable Soup	<b>October 18</b> Chicken Pot Pie Beets Mashed Potatoes French Onion Soup	<b>October 19</b> Tandoori Chicken Legs Peas and Carrots Yellow Rice Potato, Onion and Tomato Soup	<b>October 20</b> Spaghetti with Meat Sauce Seasonal Salad Garlic Bread Minestrone Soup
<b>October 23</b> BBQ Chicken Drumstick Green Beans Herb Potatoes Cream of Tomato Soup	<b>October 24</b> Cabbage Rolls Mixed Vegetables Perogies Vegetable and Ham Soup	<b>October 25</b> Meat Pie Garden Salad Scalloped Potatoes Broccoli and Cheese Soup	<b>October 26</b> Chicken Stir-fry Seasonal Salad Rice Cream Corn and Chicken Soup	<b>October 27</b> Roast Pork with Apples Squash Roast Potatoes Cream of Vegetable Soup
<b>October 30</b> Breaded Sole Coleslaw Potato Wedges Carrot Soup	<b>October 31</b> Butter Chicken Peas and Carrots Rice Potato and Leek			

# 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

## 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 (Main Course Only)	\$ 8.75
Lunch Combo (Soup or Salad, Main Course, Dessert, and Coffee or Tea)	\$ 10.00
Frozen Meals (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**

