

Whitby Seniors' Activity Centre Lunch Menu - January 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
	January 1, 2019 New Years Day Centre Closed	January 2 Veal Parmigiana Carrots Herb Potatoes Tomato and Rice Soup	January 3 Roast Beef Turnips Mashed Potatoes Pea Soup	January 4 Meat Lasagna Ceasar Salad Garlic Bread Vegetable Soup
January 7 Spaghetti with Meat Sauce Seasonal Salad Garlic Bread Minestrone Soup	January 8 Pork Chop Coleslaw Potato Wedges Mushroom Soup	January 9 Meatloaf Seasonal Salad Mashed Potatoes Chicken Noodle Soup	January 10 Baked Sea Basa Green Beans Herbed Potatoes Cream of Tomato Soup	January 11 Cabbage Rolls Mixed Vegetables Perogies Vegetable and Ham Soup
January 14 Honey Lemon Chicken Squash Roast Potatoes Cream of Broccoli Soup	January 15 Shepherd's Pie Turnips Salad Bacon and Veggie Soup	January 16 Beef and Veggie Stew Seasonal Salad Mashed Potatoes Vegetable Noodle Soup	January 17 Breaded Sole Coleslaw Potato Wedges Carrot Soup	January 18 Butter Chicken Peas and Carrots Rice Potato and Leek Soup
January 21 Salisbury Steak Cauliflower Potato Wedges Spinach and Lentil Soup	January 22 Chicken and Mushroom Stew Green Beans Rice Squash Soup	January 23 2 Drumsticks Beets Potato Wedges Chicken and Rice Soup	January 24 Beef Brisket Cabbage Mashed Potatoes Minestrone Soup	January 25 Ginger White Fish Mixed Vegetables Rice Cream of Vegetable Soup
January 28 Turkey Schnitzel Carrots 1/2 Baked Potato Potato and Leek Soup	January 29 Liver and Onions Turnips Mashed Potatoes Vegetable Soup	January 30 Veal Cutlet Mixed Vegetables Butter Noodles Split Pea and Bacon Soup	January 31 Breaded Chicken Carrots Roasted Potatoes Beef and Barley 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

