

STARTERS

New Orleans Gumbo Soup
Hearty Vegetable Soup
Fresh Fruit Cocktail

Juices: Tomato, Apple, Orange and Cranberry

ENTRÉES

Cajun Chicken Mustaccoli with Rotini Pasta

with Red and Green Pepper, Corn, Tequila, Olives, Chili Powder and Cheese

****Spicy Thai Beef Stir Fry on Rice**

Sweet and Spicy Thai Sauce with Beef, Red Onions, Mushrooms,
Bean Sprouts, Carrots, Celery, Peppers and Broccoli

Chili Con Carne with a Tea Biscuit

topped with Green Onions, Cheddar Cheese and Sour Cream

Caesar Salad with Grilled Breast of Chicken

SANDWICHES*WRAPS*BURGERS*HOT DOGS

Grilled Double Cheese & Peameal Bacon Sandwich

a combination of Swiss and Cheddar Cheese

Chicken Caesar Wrap

Twin Sandwiches

Enjoy half a Roast Beef with Red Onion and half a Turkey Sandwich

Three Meatball Sliders with Cheese on Mini Buns

Chargrilled Hamburger - Plain - Cheese - Bacon and Cheese

Served with Tomato, Lettuce, Red Onion, Mustard, Relish and Mayonnaise

Broiled Hot Dog on a Bun

with Relish and Mustard

CHILDREN'S MENU

Please ask your server.

All luncheon items from this menu are available in child sized portions.

- Enjoy Your Afternoon -

VEGETARIAN AND VEGAN ENTRÉES

VEGAN - Curried Chickpeas and Cauliflower

Cheese Manicotti with Marinara Sauce

Fruit Salad Plate

with choice of Sherbet, Cottage Cheese or Yogurt

Veggie Burgers and Hot Dogs

with Lettuce, Tomato, Onions and Pickles

LUNCHEON SIDE DISHES

French Fries - Tossed Salad - Fruit Cocktail - Saratoga Chips
Carrot and Raisin Salad - Cottage Cheese - Cole Slaw - Fruit Yogurt

CHOICE OF DRESSINGS

House: Raspberry Balsamic **Light:** French, Italian, and Ranch
Regular : Catalina, Thousand Island, Blue Cheese, Honey Mustard, Oil and Vinegar

DESSERTS

Specialties of the Day

Old Fashioned Rich Butter Tart

Served with Ice Cream

Warm Homemade Apple Pie

with Ice Cream and Cheddar Cheese

Diet Cake of the Day - Diet Mousse - ask Server for flavours
Cheddar Cheese with Crackers (and/or rice crackers) and Cantaloupe

Jell-O and Cookies, Cream Pudding - ask Server for flavours

Assorted Fresh Fruit Plate

Sundaes - Chocolate, Butterscotch and Strawberry

Ice Cream - Vanilla or Chocolate

Frozen Yogurt

Orange Sherbet

Freezie Pops - ask Server for flavours

BEVERAGES-REGULAR AND DECAFFEINATED

Coffee, Orange Pekoe Tea, Assorted Herbal Teas

CAPPUCCINO and ESPRESSO COFFEE \$3.50

Milk, Chocolate Milk, Iced Tea, Lemonade, Apple Juice

Coke, Diet Coke, Sprite, Ginger Ale, Root Beer

*Indicates Lighter Fare **Indicates Spicy Fare. All entrées are available in smaller adult sized portions.
Sauce can be served on the side upon request.