

STARTERS

Soup De Jour (Soup of the Day)
Hearty Vegetable Soup
Fresh Fruit Cocktail
Juices: Tomato, Apple, Orange and Cranberry

ENTRÉES

****Grilled Fruit & Spicy Chicken Stir Fry on Rice**
Pineapple, Apple, Peppers and Onions with Chicken Strips

Chargrilled Steak and Vegetable Kabob
served with Rice or French Fries

Chef's Salad with Grilled Chicken
with your choice of Dressing

SANDWICHES*WRAPS*BURGERS*HOT DOGS

Toasted Western Sandwich
with Ham, Bell Peppers and Onions

Grilled Ham & Swiss Cheese Sandwich
on Multi-Grain Bread

Smoked Salmon & Cream Cheese Wrap
with Chives, Red Onion, Tomato and Lettuce

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 - Enchilada Casserole

Vegetable Omelette with Cheese

Fruit Salad Plate

with choice of Sherbet, Cottage Cheese or Yogurt

Veggie Burgers & 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 & Vinegar

DESSERTS

Specialties of the Day

Dessert of the Day

Please ask Server

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.