

the *Tides* at SHOAL Dining Room **June 2019**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch (red) includes Soup of the Day or Salad & Dessert \$8 Senior Portion (\$10 Larger Portion) Dinner (black) includes potato/rice/pasta, Vegetable & Dessert \$11 Senior Portion (\$15 Larger Portion)					Honey Garlic Wings <i>or</i> Chef's Choice SW 1 Liver & Onions <i>or</i> Coconut Crusted Tilapia	Scrambled Eggs & Bacon <i>or</i> Waffles/Fruit/Whip Cream 2 Salmon <i>or</i> BBQ Ribs
Ham Salad SW <i>or</i> Teriyaki Chicken Wings 3 Cod Cakes W Tartar Sauce <i>or</i> Chicken Stew & Dumplings	Bean Burrito <i>or</i> Turkey & Cranberry SW 4 Lamb Curry <i>or</i> Italian Baked Fish	BBQ Hamburger W Lettuce, Tomato & Cheese 5 Meat Loaf <i>or</i> Poached Salmon W Lemon	Tuna Salad SW <i>or</i> Cottage Cheese W Fruit/Scone 6 Beef Stew <i>or</i> Turkey a la King	Quiche <i>or</i> Egg Salad SW 7 Fish N Chips <i>or</i> Pasta Primavera	Casserole <i>or</i> Chef's Choice SW 8 Shepherd's Pie <i>or</i> Roasted Chicken Leg	Pancakes W Syrup <i>or</i> Baked Omelet & Sausages 9 Poached Tilapia <i>or</i> Baked Ham W Pineapple
Egg Salad SW <i>or</i> Cottage Cheese W Fruit/Muffin 10 Garlic Prawns <i>or</i> Pork Chops W Apple Gravy	Ham Salad SW <i>or</i> Cheese Omelette 11 Baked Salmon <i>or</i> Swiss Pepper Steak	Tuna Salad SW <i>or</i> Beans & Wieners 12 Coconut Curry Chicken <i>or</i> Poached Cod Mexican Style	Egg Salad SW <i>or</i> Chicken Caesar Salad 13 Lasagna <i>or</i> Seared Snapper	Cod Cakes <i>or</i> Grilled Cheese SW 14 Fish N Chips <i>or</i> Chicken Stew	Beef Pot Pie <i>or</i> Chef's Choice SW 15 Pork Chops <i>or</i> Cabbage Rolls	Waffles/Strawberries <i>or</i> Scrambled Eggs/Sausage 16 Father's Day Roast Beef & Yorkshire
Shrimp Salad SW <i>or</i> Chicken Wings W Plum Sauce 17 Baked Haddock <i>or</i> Herb Baked Chicken Leg	Tuna Salad SW <i>or</i> Hot Beef SW 18 Braised Lamb in Gravy <i>or</i> Cod Cakes W Tartar Sauce	Quiche <i>or</i> Chicken Salad SW 19 BBQ Chicken <i>or</i> Meat balls in Tomato Sauce	Grilled Fish Burger <i>or</i> Turkey Cranberry SW 20 Beef Stroganoff <i>or</i> Italian Baked Fish	Cheese & Lettuce SW <i>or</i> Chicken Caesar Salad SW 21 Fish N Chips <i>or</i> Chicken Stir Fry	Chefs' Choice SW <i>or</i> Chicken Pot Pie 22 Garlic Prawns <i>or</i> Cheese Tortellini	Pancakes W Syrup <i>or</i> Poached Eggs & Bacon 23 Poached Cod <i>or</i> Roast Turkey & Dressing
Shrimp Salad SW <i>or</i> Cottage Cheese W Fruit/Muffin 24 Salmon <i>or</i> Pork Chops	Hot Turkey SW <i>or</i> Chicken Salad SW 25 Greek Chicken <i>or</i> Shepherd's Pie	Egg Salad SW <i>or</i> Macaroni & Cheese 26 Sweet & Sour Pork <i>or</i> Roasted Spring Chicken	Bean Burrito <i>or</i> Chicken Caesar Wrap 27 Baked Cod <i>or</i> Meat Loaf	Tuna Melt <i>or</i> Ham Salad SW 28 Fish N Chips <i>or</i> Chicken Pot Pie	Chef's Choice SW <i>or</i> Beans & Wieners 29 Liver & Onions <i>or</i> Coconut Crusted Tilapia	Scrambled Eggs & Bacon <i>or</i> Waffles/Fruit/Whipped cream 30 Salmon <i>or</i> Roast Pork W Apple Sauce

