

# The *Tides* at SHOAL Dining Room

# April



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>Lunch</b> 12pm to 1:30pm <b>Dinner</b> 4:30pm to 6:00pm		<b>1</b>	Ham & Cheese SW OR Mac & Cheese  Salmon OR Shepherds Pie	<b>2</b>	Roast Beef SW OR Breaded Shrimp  Snapper OR Greek Chicken	<b>3</b>	Cheeseburgers  Cod Cakes OR Meatloaf	<b>4</b>	Quesadilla OR Chicken Wings Chicken Curry OR Pork W/ Mushroom Sauce	<b>5</b>	Montreal Beef SW OR Chicken Strips  Fish & Chips OR Swedish Meatballs	<b>6</b>	Turkey SW OR Veggie Wrap  Garlic Prawns OR Chicken Stew
<b>7</b>	Western Omelette & Sausage OR Waffles & Fruit  Salmon OR Roast Pork	<b>8</b>	Salmon Salad SW OR Beans on toast  Seafood Pasta OR Shepherd's Pie	<b>9</b>	Roast Beef SW OR Breaded Shrimp  Snapper OR Chicken Cordon Blue	<b>10</b>	Tuna Salad SW OR Pizza  Cod Cakes OR Meatloaf	<b>11</b>	Quesadilla OR Mac & cheese  Salmon OR Chicken a la King	<b>12</b>	Ham & Cheese SW OR Chicken Balsamic Flatbread  Fish & Chips OR Chicken & Noodles	<b>13</b>	Shrimp Melt OR Beef Tacos  Lemon Sole OR Chicken Parmesan
<b>14</b>	Scrambled Egg & Ham OR Pancakes & Fruit  Snapper OR Roast Beef	<b>15</b>	Cheese & Cuc SW OR Thai Chicken Wrap  Poached Cod OR Pork w/Mushroom Sauce	<b>16</b>	Tuna Melt SW OR Quiche  Beef Pot Pie OR Chicken Curry	<b>17</b>	Shrimp Salad SW OR Cornish Pasty  Cabbage Rolls OR Spaghetti & Meatballs	<b>18</b>	Chicken Wings OR Ploughman's  Vegetable Lasagne OR Chicken Leg	<b>19</b>	Beans & Weiners on Toast OR Veggie Wrap  Burger & Fries OR Fish & Chips	<b>20</b>	Full English Breakfast Brunch  Swiss Steak OR Salmon
<b>21</b>	Cheese Omelette & Sausage OR Waffles & Fruit  Poached Cod OR Roast Turkey	<b>22</b>	Montreal Beef OR Quesadilla  Snapper OR Cottage Pie	<b>23</b>	Egg Croissant SW OR Chicken Strips  Crab Cakes OR Chicken Souvlaki	<b>24</b>	Cheese & Tomato SW OR Prawn Salad  Sweet & Sour Pork OR Beef Lasagne	<b>25</b>	Shrimp Melt OR Mac & Cheese  Salmon OR Breaded Pork	<b>26</b>	Grilled Ham & Cheese SW OR Sausage Roll  Fish & Chips OR Cheeseburger	<b>27</b>	Crispy Chicken SW OR House Quiche  Prime Rib
<b>28</b>	Scrambled Egg & Ham OR Pancakes & Fruit  BBQ Ribfest w/Baked Potato	<b>29</b>	Turkey SW OR Chicken Strips  Snapper or Spaghetti Bolognaise	<b>30</b>	Tuna Melt OR Greek Plate  Veg Lasagne OR Chicken Cordon Bleu	Lunch (BLACK) includes soup or salad & dessert. SW= Sandwich \$14.00 per meal or save over 10% by getting a 15 meal card for \$187.50 *MENU SUBJECT TO CHANGE* Dinner (Purple) includes potato/rice/pasta, vegetable & dessert. \$17.00 per meal or save 10% by getting a 15 meal card for \$232.5							
Hungry? Order takeout from us! Call us and place your order and we'll have it ready when the dining room is open! Call 250-656-5537 to order.													