

September

The *Tides* at SHOAL Dining Room

Steve Mugridge, Executive Chef

Lunch (BLACK) 12:00 - 1:30 pm

includes soup or salad & dessert. \$14.00 per meal or save over 10% with a 15 meal card for \$187.50

Dinner (Navy) 4:30 - 6:00 pm

includes potato/rice/pasta, vegetable & dessert. \$17.00 per meal or save 10% with a 15 meal card for \$232.5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Western Omelette/Sausages OR Waffles and Fruit</p> <p>Roast Beef with Yorkshire and Jus or Crab Veg Casserole</p>	<p>2</p> <p>Mozza and Tomato Flatbread Pizza OR Egg Salad Sandwich</p> <p>Baked Chicken with Mushroom Sauce or Parmesan Asparagus</p>	<p>3</p> <p>Ploughman's Lunch OR Tuna Sandwich</p> <p>Shepherd's Pie or Chickpea Curry</p>	<p>4</p> <p>BBQ Cheeseburger w/ Onion Rings and Potato Salad</p> <p>Lamb Sausage w/ Mash OR Fish of the Day</p>	<p>5</p> <p>Mac & Cheese w/ Spinach Salad OR Montreal Beef Sandwich</p> <p>Snapper or Beef Tacos with Avocado Salsa</p>	<p>6</p> <p>Vegetable Samosa w/chutney & salad OR Egg Sandwich</p> <p>Beef brisket w/ corn Grits or Crab stuffed sole & Hollandaise</p>	<p>7</p> <p>Chicken Veg Quesadilla/Avocado Salsa OR Turkey Cranberry SW</p> <p>Skinny Bell Pepper Nacho Boats OR Baked Rainbow Trout</p>
<p>8</p> <p>Scrambled Egg and Bacon OR Pancakes and Fruit</p> <p>Roast Pork au jus w/ Applesauce OR Crab Cakes</p>	<p>9</p> <p>Grilled Cheese Sandwich/Salad OR Tuna Melt</p> <p>Swiss Steak with Celery OR Vegetable Pasta Primavera</p>	<p>10</p> <p>Greek Salad Hummus, Tzatzki/Pita OR Ham & Swiss SW</p> <p>Spaghetti & Meatballs OR Maple Glazed Salmon</p>	<p>11</p> <p>BBQ Hamburger/Waffle fries/Macaroni Salad</p> <p>Hearty Beef Stew/Gratin Potatoes OR Sole Almandine</p>	<p>12</p> <p>Fish & Chips/coleslaw/tartar sauce OR Ham and Cheddar Sandwich</p> <p>Bratwurst Sausages & Mash/onion gravy OR Vegetable Lasagna</p>	<p>13</p> <p>Perogies w/ onions& bacon OR Montreal Smoked Beef SW</p> <p>Pulled Pork Stuffed Yorkies OR Stuffed Portabello w/Crab</p>	<p>14</p> <p>Tuscan Ham/Swiss Croissant w/ beet salad OR Tuna SW</p> <p>Rigatoni Bolognese OR Zucchini Corn Fritters</p>
<p>15</p> <p>Cheese Omelette w/ Sausage OR Waffles with Fruit</p> <p>Roasted Turkey w/Cranberry or Poached Cod w/Lemon</p>	<p>16</p> <p>Chicken Cashew with Spinach Salad OR Egg Sandwich</p> <p>Tuna Pasta Casserole OR Baked Potato w/ Cheddar & Broccoli</p>	<p>17</p> <p>Quiche of the Day with Summer Salad or Tuna Sandwich</p> <p>Chorizo and Cheese Penne or Salmon with Hollandaise</p>	<p>18</p> <p>BBQ Cheeseburger with fries/onion rings and house salad</p> <p>Crispy Pork with Ginger/Garlic Sauce OR Crab Noodle Bake</p>	<p>19</p> <p>Thai Noodle Salad w Garlic Prawns OR Montreal Smoked Beef SW</p> <p>Liver & Onions/Mash/Gravy OR Honey Ham</p>	<p>20</p> <p>Roasted Butternut Squash Ravioli OR Turkey Cranberry SW</p> <p>Sweet & Sour Chicken Legs OR Baked Sole Mediterranean</p>	<p>21</p> <p>Open Face Swiss Reuben with Salad OR Egg Sandwich</p> <p>Savory Meat Pies OR Baked Salmon w spinach sauce</p>
<p>22</p> <p>Scrambled Eggs and Ham OR Pancakes and Fruit</p> <p>Pork Ribs w/ Jacket Potato OR Saigon Scallops</p>	<p>23</p> <p>Watermelon & Feta Salad w/ Brioche OR Egg Sandwich</p> <p>Bangers/Mash & Onion Gravy OR Crab Broccoli Casserole</p>	<p>24</p> <p>Chicken Strips/Honey Mustard dressing OR Tuna Melt</p> <p>Mexican Meatloaf OR Tortellini Marinera</p>	<p>25</p> <p>BBQ Cheeseburger w/ Fries and Salad</p> <p>Salmon Teriyaki OR Turkey Casserole</p>	<p>26</p> <p>Fish & Chips & Cole Slaw OR Ham & Swiss Sandwich</p> <p>Chicken Teriyaki OR Vegetarian Shepherd's Pie</p>	<p>27</p> <p>Crab/Shrimp/Cauliflower Gratin OR Egg Sandwich</p> <p>Beef Shish Kebabs with Cilantro Pesto or Crab Stuffed Avocado</p>	<p>28</p> <p>Macaroni & Cheese/Mixed Salad OR Turkey Cranberry Sandwich</p> <p>Chicken Paprikash OR Baked Spinach/Crab/Cheese Portobello</p>
<p>29</p> <p>Western Omelette /Bacon/Onion Rings OR Waffles & Fruit</p> <p>Crab Stuffed Chicken Supremes OR Cauliflower/Broccoli Gratin</p>	<p>30</p> <p>Seafood Quiche OR Ham & Swiss Sandwich</p> <p>Spaghetti Bolognese OR Bean Vegetarian Bolognese</p>	<p>31</p> <p style="text-align: center;">SHOAL Centre 10030 Resthaven Drive 250-656-5537</p>	 <p>Beacon COMMUNITY SERVICES</p> <p>LIGHTING THE WAY FOR 50 YEARS.</p>			