



LIGHTING THE WAY FOR 50 YEARS.

April

The *Tides* at SHOAL Dining Room

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 (Yellow) 4:30 - 6:00 pm

includes potato/rice/pasta, vegetable & dessert. \$17.00 per meal or save 10% with a 15 meal card for \$232.50

Menu subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01	02	03	04	05
SHOAL Centre 10030 Resthaven Drive 250-656-5537		Chicken Salad SW OR Ploughman's Herb Crusted Salmon OR Spaghetti Bolognese	Tuna Sandwich OR Mushroom Flatbread Chicken Curry OR Seafood Pasta	Thai Beef Wrap OR Breaded Prawns Pepper Steak OR Snapper	Cheese & Tomato SW OR Chicken Wings Fish & Chips OR Chicken Cordon Swiss	Turkey Cranberry SW OR Chicken Pot Pie Lemon Crusted Sole OR Sweet & Sour Pork
06	07	08	09	10	11	12
Western Omelet & Bacon OR Waffles & Fruit Breaded Hake OR BBQ Ribs	Ham & Cheese SW OR Chicken Caesar Wrap Cod w/Hollandaise OR Chili & Rice	Salmon Salad SW OR Beef Dip Bangers & Mash OR Basa	Grilled Cheese OR Cod Cakes Salmon OR Beef Stew	Cream Cheese & Cuc SW OR Quiche Pork Chops w/ Mushroom Sauce OR Beef Lasagna	Shrimp Salad SW OR Hot Dog Fish & Chips OR Baked Potato & Baked Beans	Egg Salad SW OR Cornish Pasty Mexican Chicken OR Garlic Prawns
13	14	15	16	17	18	19
Scrambled Eggs, & Sausage OR Pancakes & Fruit Roast Beef OR Baked Salmon	Turkey Cranberry Sandwich OR Cottage Cheese Plate Breaded Sole OR Swedish Meatballs	Montreal Beef SW OR Ploughman's Greek Chicken Breast OR Pepper Steak	Ham & Cheese SW OR Crab Cakes Seafood Pasta OR Chicken Curry	Tuna Melt OR Chicken Wings Veg Lasagna OR Meatloaf	Chicken Tomato SW OR Beef Dip Fish & Chips OR Chicken Stew	Grilled Ham & Cheese SW OR Burrito Ginger Beef OR Breaded Pork
20	21	22	23	24	25	26
Cheese Omelet & Bacon OR Waffles & Fruit Easter Dinner w/Baked Ham	Egg Salad Croissant OR Breaded Shrimp Cabbage Rolls OR Beef Stroganoff	Grilled Cheese SW OR Shrimp Melt Chicken Cacciatore OR Cod Hollandaise	Turkey Cranberry OR Chicken Strips Breaded Hake OR Shepherd's Pie	Cottage Cheese Plate OR Ham & Cheese SW Snapper OR Chili & Rice	Montreal Beef SW OR Pizza Fish & Chips OR Beef Pie	Chicken Salad SW OR Cornish Pasty Basa OR Swedish Meatballs
27	28	29	30			
Scrambled Eggs OR Pancakes & Fruit Mexican Cod OR Roast Pork	Tuna SW OR Baked Potato & Baked Beans Veg Lasagna OR Beef Stew	Roast Beef SW OR Ploughman's Salmon OR Roast Chicken Leg	Chicken Salad SW OR Quiche Breaded Pork OR Spaghetti Bolognese			