

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
SHOAL Centre 10030 Resthaven Drive 250-656-5537				Chicken Salad SW <b>OR</b> Shrimp Melt  <b>Herb Crusted Hake</b> <b>OR Beef Lasagna</b>	Cheese & Tomato SW <b>OR</b> Chicken Wings  <b>Fish &amp; Chips OR</b> <b>Chicken Cordon Swiss</b>	Thai Beef Wrap <b>OR</b> Breaded Prawns  <b>Pepper Steak OR Snapper</b>
04	05	06	07	08	09	10
Western Omelet & Bacon <b>OR</b> Waffles & Fruit  <b>BBQ Ribs</b>	Tuna Sandwich <b>OR</b> Mushroom Flatbread  <b>Chicken Curry OR</b> <b>Seafood Pasta</b>	Ham & Cheese SW <b>OR</b> Chicken Caesar Wrap  <b>Cod w/Hollandaise</b> <b>OR Chili &amp; Rice</b>	Salmon Salad SW <b>OR</b> Beef Dip  <b>Bangers &amp; Mash OR Basa</b>	Grilled Cheese <b>OR</b> Crab Cakes  <b>Salmon OR Beef Stew</b>	Shrimp Salad SW <b>OR</b> Hot Dog  <b>Fish &amp; Chips OR</b> <b>Baked Potato &amp; Baked Beans</b>	Egg Salad SW <b>OR</b> Cornish Pasty  <b>Mexican Chicken OR</b> <b>Garlic Prawns</b>
11	12	13	14	15	16	17
Scrambled Eggs, & Sausage <b>OR</b> Pancakes & Fruit  <b>Chicken Supreme</b>	Turkey Cranberry Sandwich <b>OR</b> Cottage Cheese Plate  <b>Breaded Sole</b> <b>OR Swedish Meatballs</b>	Montreal Beef SW <b>OR</b> Ploughman's  <b>Greek Chicken Breast</b> <b>OR Pepper Steak</b>	Grilled Cheese SW <b>OR</b> Fish Burger  <b>Shepards Pie OR</b> <b>Vegetarian Chili</b>	Tuna Melt <b>OR</b> Chicken Wings  <b>Veg Lasagna</b> <b>OR Meatloaf</b>	Chicken Tomato SW <b>OR</b> Beef Dip  <b>Fish &amp; Chips OR Chicken Stew</b>	Grilled Ham & Cheese SW <b>OR</b> Burrito  <b>Ginger Beef OR Breaded Pork</b>
18	19	20	21	22	23	24
Cheese Omelet & Bacon <b>OR</b> Waffles & Fruit  <b>Roast Beef OR Baked Salmon</b>	Egg Salad Croissant <b>OR</b> Breaded Shrimp  <b>Cabbage Rolls</b> <b>OR Beef Stroganoff</b>	Grilled Cheese SW <b>OR</b> Shrimp Melt  <b>Chicken Cacciatore OR</b> <b>Cod Hollandaise</b>	Turkey Cranberry <b>OR</b> Chicken Strips  <b>Breaded Hake</b> <b>OR Shepherd's Pie</b>	Cottage Cheese Plate <b>OR</b> Ham & Cheese SW  <b>Snapper OR Chili &amp; Rice</b>	Montreal Beef SW <b>OR</b> Pizza  <b>Fish &amp; Chips OR Beef Pie</b>	Chicken Salad SW <b>OR</b> Cornish Pasty  <b>Basa OR Swedish Meatballs</b>
25	26	27	28	29	30	31
Scrambled Eggs <b>OR</b> Pancakes & Fruit  <b>Mexican Cod OR Roast Pork</b>	Tuna SW <b>OR</b> Baked Potato & Baked Beans  <b>Veg Lasagna OR Beef Stew</b>	Roast Beef SW <b>OR</b> Ploughman's  <b>Salmon OR Roast Chicken Leg</b>	Fish Burger <b>OR</b> Egg Sandwich  <b>Breaded Pork OR</b> <b>Spaghetti Bolognaise</b>	Chicken Salad SW <b>OR</b> Ploughman's  <b>Herb Crusted Hake</b> <b>OR Spaghetti Bolognaise</b>	Cheese & Tomato SW <b>OR</b> Chicken Wings  <b>Fish &amp; Chips OR</b> <b>Chicken Cordon Swiss</b>	Thai Beef Wrap <b>OR</b> Breaded Prawns  <b>Pepper Steak OR Snapper</b>