



COMMUNITY LUNCH

September menu

Tuesday, September 3

Borscht soup, egg sandwich salad, maple syrup tart

Thursday, September 5

Meat or veggie pie, salad, olive oil & lemon cake

Tuesday, September 10

Roasted pepper soup, baked bannock tacos, salad, raspberry almond cupcake

Thursday, September 12

Butter chicken on rice (veggie option), salad, coconut cookies

Tuesday, September 17

Creamy squash soup, roasted beef or veggie sandwich, salad, vanilla pudding

Thursday, September 19

Baked white fish with risotto, salad, brownie

Tuesday, September 24

Black bean soup, smoke salmon or veggie quiche, salad, semolina cookies

Thursday, September 26

Meat or veggie lasagna, salad/garlic bread, ice cream and fruit