



# COMMUNITY LUNCH

## February 2020 Menu

Seniors: \$6.00   Adults: \$7.00   Students: \$5.00   Children under 12: \$3.25

Lunch is served from 12:00 noon – 12:30 pm.

If you will be later, please reserve by noon by calling kitchen staff at 604-435-0323  
Proceeds support CNH Seniors Programs

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### Tuesday, Feb 04

Tomato soup, spinach or meat pie, salad, almond cookie

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### Thursday, February 06

Baked fish or vegetables, quinoa salad, coconut white chocolate cookie

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### Tuesday, February 11

Chickpea and lentil soup, turkey or veggies enchilada, salad, chocolate chip cookie

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### Thursday, February 13

Meat or veggie burger, salad, mango pudding

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### Tuesday, February 18

Roasted pepper soup, meat or veggie burrito, salad, vanilla cake

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### Thursday, February 20

Chicken cacciatore or veggie option with rice, salad, lemon cup cake

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### Tuesday, February 25

Cream of mushroom soup, chicken shawarma or falafel sandwich, salad, bran oatmeal muffin

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### Thursday, February 27

Meat or veggie loaf, mashed potatoes, salad, egg tart