

Seniors Sunshine Menu

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| Cabbage Rolls | Three cabbage rolls. | \$7.50 |
| Shepherd's Pie | Ground beef and corn topped with creamy mashed potatoes. | \$7.50 |
| Lasagna | Tony Vs Layered Lasagna. Layers of pasta, mozzarella, parmesan cheese and meat sauce | \$7.50 |
| Roasted Chicken | Roasted chicken breast, rice and, side vegetables. | \$7.50 |
| Chicken Alfredo | Penne pasta with chicken, broccoli, and Alfredo sauce. | \$7.50 |
| Beef Stew | Beef, carrots, potatoes, green beans, and turnip. | \$7.50 |
| Salisbury Steak | Two salisbury steak patties with gravy, mushrooms, and side of mashed potatoes. | \$7.50 |
| Fish Dinner | Basa fillet, roasted potatoes, and side vegetables. | \$7.50 |
| Lemon Garlic Salmon | Salmon fillet drizzled with lemon garlic marinade with side sweet potatoes and asparagus. | \$9.00 |
| Honey Garlic Beef StirFry | Striploin beef, brocolli, mixed peppers and onions tossed in honey garlic with side rice | \$9.00 |
| Chicken Parmesan | Seasoned chicken breast, sugar-free tomato sauce, mozzarella, parmesan, garlic butter with side vegetables | \$9.00 |

Additional Information

We also have breakfast, traditional, create your own, lighter, senior and dessert menus available on our website!

You can customize your order for gluten-free, dairy free and many other dietary restrictions and allergies! Give us a call to learn more.

Lighter Side Menu

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| Protein Pack | Cucumber, sugar snap pea, cherry tomato, hard boiled egg, salami, cashews, cheese, individual hummus | \$10.00 |
| Cobb Salad | Local lettuce, chicken, cucumber, tomato,bacon crumble with side house dressing. | \$10.00 |
| Dill Bomb Salad | Local lettuce, chicken, cucumber, tomato, cheese, dill pickles and Good Grab & Co #gettindilly dressing | \$10.00 |
| Caesar Salad | Local lettuce, shredded cheese, parmesan cheese, bacon, croutons (can be removed for gluten) and individual dressing | \$8.00 |
| Garden Salad | Lettuce, tomato, cucumber, mixed pepper, green onion, julien carrots, house dressing. | \$8.00 |
| Fruit Tray | Honeydew, cantaloupe, watermelon and strawberry. | \$10.00 |
| Veggie Tray | Cucumber, tomato, celery, peppers, broccoli with hummus or ranch. | \$9.00 |
| Energy Bites | Coconut, flax seed, peanut butter, chocolate chip, chia seed, oats. 6 balls per order | \$8.00 |
| Chicken Noodle Soup | Chicken stock, chicken, celery, carrots, onion, noodles. 500ml | \$6.50 |
| Cheesy Broccoli Soup | Cream of broccoli soup with a cheesy twist. 500ml | \$6.50 |
| Egg Cups | 6 egg cups with choice: cheese, onion, bacon, pepper, spinach | \$8.00 |



It's as easy
as order,
heat & eat!