

Diabetic dessert available!
Friday clearance meals only \$4!

SPENCER HOUSE MENU

Lunch is served from 12 noon – 1:00pm

*** NON-MEMBERS ADD \$3 TO THE PRICE**

We're located at
5596 Morris St,
Halifax
902 421 6131



- Boston baked beans
- Carrot apple soup



- Meatloaf dinner
- Chicken barley soup



- Hot roast beef sandwich
- Fresh veggie lasagne
- Daily Special below

DAILY SPECIALS FOR JAN 2018 - menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 HAPPY NEW YEAR CLOSED	2 BBQ & onion pork chops, mashed potatoes, mixed veggies; Birthday cake!	3 Sticky ginger glazed chicken over rice, green beans; cinnamon rolls	4 NATIONAL SPAGHETTI DAY! Spaghetti with meat sauce & garlic bread; vanilla pudding with whipped topping	5 Bacon, tomato & cheddar quiche, roasted squash salad; peanut butter swirl brownies
8 Fish cakes & beans, fried cabbage; raspberry mousse	9 Salisbury steak with gravy, mashed potatoes, carrot & turnip mash; pistachio bars	10 Sweet & sour pork over rice, orange glazed carrots; apricot jam bars	11 Hearty lentil soup with egg salad sandwiches; gingerbread with lemon sauce	12 Bruschetta chicken, mashed sweet potatoes, mixed veggies; fudge
15 Spinach, ham, cheddar quiche with broccoli salad; fruit salad with whipped topping	16 Turkey pot pie, carrot salad; Dutch crumb cake	17 Salmon loaf, roasted sweet potatoes, braised red cabbage; Oreo cheesecakes	18 BBQ pulled pork, mashed potatoes, peas & carrots; lemon bars	19 Sloppy Joes, fries, coleslaw; chocolate pudding with whipped topping
22 NATIONAL BLONDIE DAY! Beef Stroganoff over noodles, peas & carrots; blonde brownies	23 Smothered pork chops, mashed potatoes, broc/cauli casserole; Dutch apple pie squares	24 Chicken cordon bleu, fettucine Alfredo, lime mousse	25 Liver with bacon & onions, mashed potatoes, carrot & turnip mash; bananas in caramel sauce over ice cream	26 Seafood chowder, grilled mushrooms & carrots with sesame salad; orange yogurt cake
29 Cod, pork scraps & onions, scalloped potatoes, roasted turnip & sweet potatoes; fruit cocktail / whipped top	30 Beef stew with dumplings; ambrosia salad	31 Herb crusted fish, mashed potatoes, creamed spinach; butterscotch pudding with whipped topping		

Check out our website www.spencerhouse.ca for activity calendars! Free tea/coffee daily!