

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 JUNE 2017

(D) = DIABETIC

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cranberry chicken, mashed potatoes, maple dill carrots; Birthday cake!	2 BBQ! Burgers & dogs, bacon & pea salad, potato salad; homemade ice cream sandwiches
5 Mexican baked fish, scalloped potatoes, roasted parmesan carrots; key lime mousse pie	6 Shake n bake chicken, mashed potatoes, zucchini tomato sauté; apple pie with ice cream	7 Bacon, tomato & cheddar quiche, kale salad; chocolate pudding with whipped topping	8 Beef & broccoli over rice, Asian mixed veggies; date squares	9 BBQ! Burgers & dogs, macaroni salad, garden salad; strawberry cake
12 Parmesan crusted chicken, homemade gnocchi, sautéed swiss chard; raspberry mousse	13 Cold plate; toffee peach ice cream pie	14 Herb crusted fish, mashed potatoes, mixed veggies; chocolate cream pie	15 Bacon, tomato & cheddar quiche with kale salad; banana chocolate chip bars	16 Fathers Day luncheon! Homemade pizza (three choices), Caesar salad; triple layer chocolate pie
19 Butter chicken over rice with green beans; apple spice cake	20 Pork chops with apple chutney, mashed potatoes, braised red cabbage; Tommy's squares	21 Hearty lentil soup with egg salad sandwiches; lemon meringue pie	22 Fettucine Alfredo with grilled garlic shrimp & asparagus; fruit salad with whipped topping	23 BBQ! Burgers & dogs, country salad, coleslaw; butterscotch pudding with whipped topping
26 Chicken pot pie with garden salad; peach cobbler	27 Spaghetti with meat sauce & garlic bread; vanilla pudding with whipped topping	28 Cold plate; banana chocolate chip bars	29 Canada Day party! Traditional boiled dinner; Canadian maple syrup cake	30 BBQ! Burgers & dogs, pasta salad, Caesar salad; ambrosia salad

Check out our activity calendar at www.spencerhouse.ca