

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 OCTOBER 2017 (D) = DIABETIC

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cranberry chicken, mashed potatoes, carrot & turnip mash; Birthday cake!	3 BBQ onion pork chops, potatoes & onions, braised red cabbage; gingerbread with lemon sauce	4 Fish cakes & beans, peas & carrots; banana chocolate chip bars	5 Lasagne with garlic bread; lime mousse	6 <b>THANKSGIVING DINNER ADVANCE TICKET PURCHASE REQUIRED!</b>
9 THANKSGIVING DAY - CLOSED	10 Chicken pot pie with garden salad; apple crisp with ice cream	11 Liver, bacon & onions, mashed potatoes, mixed veggies; blueberry cherry pie	12 Steak & broccoli stir fry with veggie fried rice; butterscotch pudding	13 Bacon, tomato & cheddar quiche with kale salad; raspberry mousse
16 Fresh veggie lasagne with garlic bread; carrot cake	17 Parmesan crusted chicken, mashed potatoes, broccoli & cauliflower casserole; double chocolate pie	18 Sweet & sour meatballs over rice, green beans; blondies	19 Herb crusted fish, scalloped potatoes, roasted Brussel sprouts; Cape Breton squares	20 Ham & pea pasta casserole; peas & carrots; pineapple coconut squares
23 Smothered pork chops, mashed potatoes, carrot & turnip mash; ambrosia salad	24 Ham, spinach & cheddar quiche with kale salad; lemon loaf	25 Garlic sautéed shrimp over fettucine Alfredo with Caesar salad; fruit cocktail with whipped topping	26 Chicken & veggie casserole with curried chick peas; brownies	27 Salmon loaf, potatoes & onions, zucchini & carrot casserole; creamy banana rice pudding
30 Fish pie with mixed veggies; Californian date squares	31 <b>HAPPY HALLOWEEN!</b> Green guts and bloody brains (spaghetti with meat sauce); p/b chocolate mummies...			

**THANKSGIVING DINNER FRIDAY OCT 6<sup>TH</sup> – ADVANCE TICKET PURCHASE REQUIRED**

**HALLOWEEN PARTY /DANCE TUESDAY OCT 31<sup>ST</sup> LIVE BAND! BEST COSTUME PRIZE! SPOOKY TREATS!**