

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



- Spaghetti & meat sauce
- Fresh veggie lasagne
- Daily Special below



DAILY SPECIALS FOR SEPTEMBER 2018 - menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 LABOUR DAY – CLOSED	4 Extra dessert day! Ham, spinach & cheddar quiche, kale salad; Birthday cake!	5 Chicken burgers, potato wedges, coleslaw; chocolate peanut butter squares	6 Mexican baked fish, potato logs, peas & carrots; lime mousse	7 “Meats” loaf (beef & pork), mashed potatoes, mixed veggies; banana chocolate cake
10 Hearty chicken noodle soup, BLT sandwiches; lemon fluff squares	11 Glazed ham, homemade mac & cheese, green beans; California date squares	12 Chocolate milkshake day! Salmon loaf, potatoes & onions, broccoli & cauliflower casserole; chocolate mousse	13 Pulled pork, mashed potatoes, peas & carrots; strawberry/rhubarb pie	14 Shepherd’s pie with garden salad; vanilla pudding with whipped topping
17 Hodge Podge; gingerbread with lemon sauce	18 Rice Crispie treat day! BBQ onion pork chops, potato logs, peas; raspberry mousse	19 Seafood casserole, honey glazed carrots; apple crisp	20 Sloppy Joes, fries, coleslaw; peaches’n’cream squares	21 French onion chicken, Spanish rice, carrot turnip mash; double chocolate pie
24 Herb crusted fish, mashed sweet potatoes, green beans & peas; pineapple coconut squares	25 Meat & veggie lasagne, Caesar salad; brownies	26 Chicken pot pie with garden salad; white chocolate pudding with whipped topping	27 Cabbage rolls, green beans; fruit cocktail with whipped topping	28 Broccoli cheddar soup, ham & cheese sandwiches; blueberry grunt

Sept 4 – Extra Dessert Day! Sept 12 – Chocolate Milkshake Day! Sept 18 – Rice Crispie Treat Day!