

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 SEPTEMBER 2017 (D) = DIABETIC

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Last BBQ! Burgers, dogs, potato salad, country salad; Birthday cake!
4 LABOUR DAY - CLOSED	5 Smothered pork chops, mashed potatoes, braised red cabbage; gingerbread with lemon sauce	6 Turkey pot pie with garden salad; brownies	7 Fish & chips with potato wedges, coleslaw; chocolate pudding with whipped topping	8 Sausage, onion cheddar frittata with broccoli salad; banana chocolate chip bars <b>YARD SALE! →</b>
11 Hot roast beef sandwiches, mashed potatoes, turnip & carrot mash; orange yogurt cake	12 Salmon loaf with mac & cheese, peas & carrots; apple pie with ice cream	13 Hearty lentil soup with egg salad sandwiches; double chocolate cream pie	14 Lemon chicken with veggie chow mein and fried rice; pistachio squares	15 BBQ onion pork chops, mashed potatoes, spaghetti squash casserole; raspberry mousse <b>LOBSTER SUPPER! →</b>
18 Ham, spinach & cheddar quiche with kale salad; pineapple coconut bars	19 Shepherd's pie with garden salad; lemon meringue pie	20 Herb crusted fish, potatoes & onions, mixed Asian veggies; ice cream and cookies	21 Pork schnitzel, mashed potatoes, broccoli/cauliflower casserole; apple spice cake	22 Shake n Bake chicken legs, sweet potato casserole, green beans; banana bread pudding with whipped topping
25 Seafood chowder with kale salad & cheesy garlic bread; fruit cocktail with whipped topping	26 Chicken cordon bleu, mashed potatoes, turnip & carrot mash; blueberry lemon cheesecake bars	27 Sweet & sour pork over rice with mixed veggies; vanilla pudding with whipped topping	28 Spaghetti with meat sauce, garlic bread; ambrosia salad	29 Broccoli cheddar soup with ham & cheddar sandwiches; coconut custard pie

**YARD SALE SAT SEPT 9!**

**LOBSTER SUPPER SEPT 16!! Advance ticket purchase required!**