

PARK SIDE EATERY MENU

February 2012



✓ **Heart Smart Recipes**
from the Heart & Stroke
Association

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Oven Fried Chicken	2 Beef Stroganoff Buttered Noodles	3 Roast Pork Mashed Potato	4
5	6 Oven Baked Fish & Chips ♥	7 BBQ Chicken Baked Potato	8 Meatloaf Mashed Potato	9 Grilled Pork Chop Steamed Rice	10 Roast Beef Mashed Potato	11
12	13 Parmesan Chicken Pasta & Sauce	14 Baked Ham Scalloped Potato <i>Be Mine</i>	15 Cook's Choice \$5.00	16 Baked Salmon Rice Pilaf ♥	17 Spaghetti & Meat Sauce Garlic Toast	18
19	20 Family Day Closed	21 Shrove Tuesday Special	22 Thyme Roasted Chicken Mashed Potato	23 Smoked Sausage Perogies	24 Veal Cutlet Mashed Potato	25
26	27 Ham Steak Potato O'Brien	28 Liver & Onions Mashed Potato	29 Leap Year Special \$5.00			

Lunch served Monday to Friday from 11:30 am – 1:30 pm
Members: \$7.00 Non-Members: \$8.00 Park Side Eatery is open to the public.