

Sept19

Rainbow Kitchen, September 2019 Menu

DATE	DAY	MEAL OF THE DAY	BOOKED IN
3	Tue	Salisbury steak - Gravy and mas. Potato	
4	Wed	Pork Cutlets	
5	Thu	Honey garlic chicken	
6	Fri	Ham Scallop potatoes	
9	Mon	Apricot Almond Chicken	
10	Tue	Swiss Steak	
11	Wed	Roasted Pork Loin	
12	Thu	Beef Rouladen	
13	Fri	Chicken cutlets	
16	Mon	Roasted Pork Tenderloin	
17	Tue	Meat Loaf	
18	Wed	Creamy Mustard Chicken	
19	Thu	Ham Scallop potatoes	
20	Fri	Salisbury steak - Gravy and mas. Potato	
23	Mon	Swedish meatballs with pasta	
24	Tue	Salmon fillet with lemon-dill sauce - Rice	
25	Wed	Swiss Steak	
26	Thu	Roasted Chicken	
27	Fri	Roast beef - mashed potato - gravy	
30	Mon	Chicken with Garlic-Caper Sauce	

*Salad
or Soup
will be
served with
each meal*

BCGREA

Dessert
Tea or coffee
included

Power Pioneers

Birthday Lunch