

October Hot Lunches at The Centre

Tuesdays 11:15-12:30

Main Feature - \$12, Dessert - \$2

Soup - \$5, Sandwich - \$5

Soup & Sandwich - \$9

Oct. 7: Pre-Thanksgiving Lunch

Baked Ham, Mashed Potatoes & gravy

Vegetable Medley, Green Salad

Chicken, Orzo and Corn Chowder

Egg Salad or Tuna Sandwich

Lemon Poke Cake

Oct. 14: Everything in One Bowl

Baked Chicken Breast, Basmati Rice

Roasted Asparagus & Broccoli

Cherry Tomatoes and Avocado

Drizzled with Green Goddess Dressing

Ham and White Bean Soup

Egg Salad or Chicken Sandwich

Pumpkin Cheesecake

Oct. 21: Ukraine Comfort

Cabbage Roll Casserole, Oven Roasted Potatoes

Herb Buttered Carrots, Green Salad with Dill Dressing

Ukraine Green Borscht Soup

Egg Salad or Salmon Sandwich

Peach Crumble & Ice Cream

Oct. 28: To Be Announced



The Centre
Recreation • Education • Wellness for 50+
PENTICTON, BC