



KIWASSA NEIGHBOURHOOD HOUSE COMMUNITY LUNCH



FALL LUNCH
CALENDAR
OCT - DEC 2023

FRIDAY, OCT 6

HARVEST LUNCH
CELEBRATION
TBA



FRIDAY, OCT 20

CONGEE
TERIYAKI CHICKEN OR TOFU
VEGETABLE CHOW MEIN
COCONUT CAKE



FRIDAY, NOV 3

PUMPKIN SOUP
POTATO & GROUND
BEEF GRATIN



FRIDAY, NOV 17

TURKEY SOUP
MAC & CHEESE
W/ GARDEN SALAD



FRIDAY, DEC 1

RED LENTIL STEW
FRIED RICE W/
BEEF SHORT RIB



THAT'S IT FOR 2023
SEE YOU NEXT YEAR



LUNCHES ARE 3 COURSES:
SOUP OR SALAD, ENTREE, & DESSERT
VEGETARIAN OPTION AVAILABLE
MENUS LISTED HERE MAY BE ALTERED
DUE TO PRODUCT AVAILABILITY

BROUGHT TO YOU BY KIWASSA'S SENIORS & FOOD PROGRAMS

KIWASSA NEIGHBOURHOOD HOUSE COMMUNITY LUNCH



EVERYONE WELCOME

DOORS OPEN @ 12

LUNCH SERVED @ 12:15



SENIORS (55 & UP): \$5

CHILDREN (12 & UNDER): \$3

EVERYONE ELSE: \$6

TO REGISTER CALL: 604-254-5401

WALK-INS ACCEPTED AS SPACE PERMITS

**2425 OXFORD STREET
HASTINGS SUNRISE**