

## Frozen Meals to Go

All frozen take out is \$4.00

Fully cooked home made  
just thaw and warm

- Lasagna
- Shepherds Pie
- Chicken Pot Pie
- Hearty Beef Stew
- Cabbage Rolls
- Sweet Chili
- Soups

& much more when available



## Great Desserts:

- Fresh Baked Muffins
- Homemade Pies
- Delicious Pastries etc.

## Samples of

### Daily Specials :

- Assorted Pasta
- BBQ Burgers
- Liver & Onions
- Haddock & Fries
- Taco Salad
- Perogies
- Chicken/Beef Pot Pie
- And Much More!



**ACTIVE LIFESTYLE  
CENTRE  
20 Merritt Ave.  
Chatham, ON  
519-352-5633**



# A LA CARTE CAFE

## Dine in or Take out

Open Monday - Friday 9:00 am-3:00 pm  
Everyone Welcome  
(membership not needed to dine in the cafe)

519-352-5633



# A LA CARTE CAFE

Please Come & Enjoy A Home Cooked Meal at the ALC

## Salads \$4.50

- Traditional Tossed
- Creamy Caesar



**Choose from many of our homemade salad dressings:**

- Blueberry
- Raspberry
- Ranch
- House
- Italian
- Poppy Seed



**A variety of fresh soups made every day!**

## Deli Delight Sandwiches

Egg, Tuna, Chicken, & Salmon Salad Sandwiches  
\$4.25

Ham & Cheese, Western, B.L.T, Fried Egg & Cheese  
\$4.25

Soup of the Day \$3.25

Lunch Specials \$6.50

“Senior Size” Lunch Special \$5.00

Soup & Sandwich Combo \$6.00

or Salad & Sandwich Combo



**Coffee, Tea & Water Available 9am-3pm Monday - Friday**



**Meals Available 11:00 am - 2:00 pm**

Find our daily specials posted at the front counter, outside of the cafe or on the ALC website

[www.activelifestylecentre.org](http://www.activelifestylecentre.org)