

PLATES

SENIORS MENU

Seniors meals are smaller portion meals that are served with a warm whole wheat baguette and include a cup of soup, Caesar or tossed salad and ice cream. Ask your server for details.

Baked potato available after 4:30pm

MEATBALLS WITH MUSHROOM GRAVY \$10.00

Seasoned meatballs simmered in Plates own mushroom gravy. Served with your choice of Veggie Kabobs or buttered corn with mashed potato, baked potato, Jasmine rice or French fries.

PANKO CRUSTED COD \$10.00

One piece Japanese Breaded cod filet. Served with coleslaw, lemon and seasoned fries.

SCHNITZEL DINNER \$10.49

Tender pork schnitzel, pan fried & topped with mushroom gravy. Served with your choice of Veggie Kabobs or buttered corn with mashed potato, baked potato, Jasmine rice or French fries.

CHICKEN STRIPS \$8.95 1/2 order \$10.49 full order

Tender breaded chicken strips served with your choice of French fries, Caesar salad, tossed salad, cup of soup, baked potato, Jasmine rice or mashed potato.

HOT BEEF FILLED YORKSHIRE \$10.00

Thinly sliced in house Roast beef served in a warm Yorkshire pudding topped with home made gravy. Served with your choice of Veggie Kabobs or buttered corn with mashed potato, baked potato, Jasmine rice or French fries.

GRILLED LIVER WITH SAUTÉED ONIONS \$11.00

Breaded liver topped with gravy & heaps of sautéed onions. Served with your choice of Veggie Kabobs or buttered corn with mashed potato, baked potato, Jasmine rice or French fries.

SWEDISH MEATBALLS \$10.00

Traditional pork and beef meatballs in a sour cream gravy. Served with your choice of Veggie Kabobs or buttered corn with mashed potato, baked potato, Jasmine rice or French fries.

SLOW ROASTED BEEF SHORT RIBS \$12.95

Seasoned beef short ribs, oven roasted in tomatoes and stock for maximum tenderness. Served with your choice of Veggie Kabobs or buttered corn with mashed potato, baked potato, Jasmine rice or French fries.

