

Kiwaniis Garden Manor Weekly Menu

| Monday January 12 | Tuesday January 13 | Wednesday January 14 | Thursday January 15 | Friday January 16 | Saturday January 17 | Sunday January 18 |
|---|--|---|---|---|--|---|
| Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit | | | | | | |
| LUNCH @ Noon | | | | | | |
| Cream of Bacon & Potato * Lasagne Soup ---- Turkey Sandwich * Mushroom Omelette | Cream of Chicken * Vegetable ---- Egg Salad Sandwich * Ham & Cheese Sandwich | Cream of Tomato * Split Pea ---- Grilled Cheese Sandwich * Fruit & Yogurt | Corn Chowder * Beef Barley ---- Chicken Salad Sandwich * Veggie Sandwich | Potato Leek * Garden Vegetable ---- Fried Egg & Tomato Sandwich * Tuna Sandwich | Navy Bean * Lemon Chicken Soup ---- Devilled Ham Sandwich * Chef Salad | B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Browns and Toast. ---- Feature: Poached Eggs |
| Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit | | | | | | |
| DINNER @ 5:00 pm | | | | | | |
| Green Salad Orange & Melon Salad | Green Salad Creamy Cucumber Salad | Green Salad Watermelon Salad | Green Salad Tomato & Avocado | Green Salad Pasta Salad | Green Salad Coleslaw | Green Salad Caesar Salad |
| Chicken Stew * Bratwurst with Onions | Poached Cod * Beef Stew with Dumplings | Chicken Cordon Blue Casserole | Teriyaki Chicken * Breaded Pork Cutlet | Almond Sole * Grilled Ham Steak | Veal Cutlets & Gravy * Turkey Tetrazzini | Sunday Roast Dinner Roast Beef & Yorkshire Pudding |
| Mashed Potatoes | Roasted Potatoes | Scallop Potatoes | Fried Rice | Nugget Potatoes | Mashed Potatoes | Mashed Potatoes |
| Roasted Root Veggies | Roasted Zucchini | Red Cabbage | Asparagus | Carrots | Corn | Peas |
| | Carrots | Peas | Cauliflower | Broccoli | Baby Beets | Carrots |
| Ice Cream Sandwich | Vanilla Pudding & Fruit | Danish | Brownie | Raspberry Pudding | Banana Split | Blueberry Pie |
| ALTERNATE CHOICES: A limited menu is also available consisting of: poached, scrambled eggs or cheese omelette, fruit with yogurt or sandwich with available filling. | | | BEVERAGE CHOICES: Tea, coffee (regular & decaf), hot chocolate, milk, orange juice, cranberry juice, or apple juice. | | DIETARY RESTRICTIONS: Please discuss with kitchen staff if you have any dietary restrictions or requests. | |