

### Kiwani Garden Manor Weekly Menu

Monday March 13	Tuesday March 14	Wednesday March 15	Thursday March 16	Friday March 17	Saturday March 18	Sunday March 19
<b>Morning Coffee &amp; Snack @ 9:15 am:</b> Yogurt, Muffins and Fruit						
<b>LUNCH @ Noon</b>						
Cream of Tomato * Vegetable Rice ----- Turkey Sandwich * BLT (bacon, lettuce, tomato) Sandwich	Cream of Celery * Beef Vegetable ----- Ham Sandwich * Chicken & Avocado Croissant Sandwich	Clam Chowder * Tortilla ----- Roast Beef Sandwich * Bacon & Tomato Quiche	Cream of Carrot * Turkey Noodle ----- Tuna Sandwich * Corned Beef on Rye Sandwich	Cream of Broccoli * Scotch Broth ----- Farmers Omelette * Chicken Salad Sandwich	Cream of Asparagus * French Onion ----- Egg Salad Sandwich * Fruit & Cottage Cheese with a Scone	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Brown and Toast. ----- Strawberry Waffles *
<b>Afternoon Tea &amp; Snack @ 2:15 pm:</b> Cookies and Fresh Fruit						
<b>DINNER @ 5:00 pm</b>						
Green Salad Carrot & Raisin Salad	Green Salad Greek Salad	Green Salad Spring Rolls	Green Salad Waldorf Salad	Green Salad Spinach Salad	Green Salad Ambrosia Salad	Green Salad Caesar Salad
Rosemary Chicken * Beef Stroganoff	Chili Con Carne * Baked Salmon with Sundried Tomato	Sweet & Sour Pork * Beef Satay	Irish Stew * Sautéed Prawns	Fish & Chips * Burger with Raw Onions & Pickles	Spaghetti * Pork Cutlet	<b>Sunday Roast Dinner</b>  Roast Chicken
Egg Noodles	Roasted Potato	Rice	Steamed Potatoes	Fries	Mashed Potato	Mashed Potato
Roasted Root	Broccoli	Bok Choy	Green Beans	Baby Carrots	Roasted Zucchini	Peas
Vegetables	Cauliflower	Butternut Squash	Creamed Corn	Rutabaga	Sautéed Mushrooms	Carrots
Rice Pudding	Bread Pudding	Baked Apples	Ice Cream Sundaes	Peach Cobbler	Tapioca	Pumpkin Pie
<b>ALTERNATE CHOICES:</b> A limited menu is also available consisting of eggs & toast, cheese omelette, fruit with yogurt or sandwich with available filling.			<b>BEVERAGE CHOICES:</b> Tea, coffee (regular & decaf), hot chocolate, milk, orange juice, cranberry juice or apple juice.		<b>DIETARY RESTRICTIONS:</b> Please discuss with kitchen staff if you have any dietary restrictions or requests.	