

### Kiwaniis Garden Manor Weekly Menu

Monday February 3	Tuesday February 4	Wednesday February 5	Thursday February 6	Friday February 7	Saturday February 8	Sunday February 9
<b>Morning Coffee &amp; Snack @ 9:15 am:</b> Yogurt, Muffins and Fruit						
<b>LUNCH @ Noon</b>						
Thai Chicken & Rice * Bean & Bacon ----- Roast Beef Sandwich * Pepperoni Pizza	Beet * Lentil ----- Veggie Burger * Tuna Sandwich	Cream of Spinach * Beef Noodle ----- Turkey Sandwich * Sausage Rolls	Cream of Vegetable * Chinese Noodle ----- Egg Salad Sandwich * Monte Cristo Sandwich (ham & turkey sandwich, dipped in egg and grilled)	Cream of Chicken * Bell Pepper Pot ----- Shrimp Caesar Salad * Hot Dogs	Cream of Cauliflower & Spinach * Minestrone ----- Chicken Salad Sandwich * Seafood Melt	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Browns and Toast. ---- Feature: Ham & Cheese Omelette
<b>Afternoon Tea &amp; Snack @ 2:15 pm:</b> Cookies and Fresh Fruit						
<b>DINNER @ 5:00 pm</b>						
Green Salad Green Bean Salad	Green Salad Ambrosia Salad	Green Salad Thai Cucumber Salad	Green Salad Italian Pasta Salad	Green Salad BLT Salad	Green Salad Tomato & Cucumber	Green Salad Caesar Salad
Chicken Stew * Veal Marsala (veal cutlet in a mushroom sauce)	Cobb Salad (garden salad topped with egg, cheese, chicken, bacon) * BBQ Salmon	Chicken Cordon Blue Burger * Honey Garlic Meatballs	Chili Con Carne * Sautéed Prawns	Potato Crusted Cod * Beef Dip	Chicken Strips * Perogies	<b>Sunday Roast Dinner</b>  Roast Lamb
Steamed Potato	Rice	Roasted Potato	Baked Potato	Nugget Potato	Tater Tots	Mashed Potato
Beets	Spinach	Creamed Corn	Carrots	Parsnips	Mixed Veggies	Carrots
Cauliflower	Rutabaga	Cabbage	Creamed Corn	Peppers		Broccoli
Orange Jello	Chocolate Mousse	Blackberry Shortcake	Ice Cream Sundaes	Apple Strudel	Fruit Cocktail	Homemade Pie
<b>ALTERNATE CHOICES:</b> A limited menu is also available consisting of: poached, scrambled eggs or 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.	

Week 7