

Kiwaniis Garden Manor Weekly Menu						
Monday October 19	Tuesday October 20	Wednesday October 21	Thursday October 22	Friday October 23	Saturday October 24	Sunday October 25
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Tomato Rice * Garden Vegetable ----- Roast Beef Sandwich * Fruit & Cottage Cheese	Lentil * Potato Leek ----- Grilled Cheese & Onion Sandwich * Devilled Ham Sandwich	Roasted Parsnip * Chicken Barley ----- Monte Cristo Sandwich * Salmon Sandwich	Cream of Mushroom * Hamburger Soup ----- Ham, Egg & Cheese on English Muffin * Tuna Sandwich	Borscht (beets) * Bean & Bacon ----- Veggie Croisant Sandwich * Chicken Caesar Wrap	Clam Chowder * Carrot & Apple ----- Egg Salad Sandwich * Turkey Sandwich	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Browns and Toast. ----- Feature: Eggs Benny
Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Orange & Melon Salad	Green Salad Brussel Sprout Salad	Green Salad Thai Noodle Salad	Green Salad Greek Salad	Green Salad Waldorf Salad	Green Salad Spinach Salad	Green Salad Caesar Salad
Chicken Cordon Bleu * Salisbury Steak	Chicken Souvlaki * BBQ Pork Ribs	Sweet & Sour Meatballs * Crab Cakes	Bangers & Mash * Mediterranean Chicken	Hamburger * Coconut Prawns	Liver & onions * Veal Parmesan	Sunday Roast Dinner Roast Chicken
Roasted Potatoes	Hash Brown Casserole	Rice	Mashed Potatoes	Potato Wedges	Baked Potato	Mashed Potatoes
Mushrooms	Roasted Parsnips	Beets	Rutabaga	Broccoli	Mixed Vegetables	Carrots
Cauliflower	Roasted Zucchini	Bok Choy	Peas	Green Beans		Brussel Sprouts
Upside Down Cake	Strawberry Jello	Fruit Parfait	Lemon Loaf	Angel Food Cake	Apple Crumble	Banana Cream 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.	