

### Kiwaniis Garden Manor Weekly Menu

Monday July 20	Tuesday July 21	Wednesday July 22	Thursday July 23	Friday July 24	Saturday July 25	Sunday July 26
<b>Morning Coffee &amp; Snack @ 9:15 am:</b> Yogurt, Muffins and Fruit						
<b>LUNCH @ Noon</b>						
Cream of Asparagus * Chicken Noodle ----- Open Faced Denver Sandwich (omelette on toast) * Shrimp Roll (shrimp salad in a bun)	Cream of Broccoli * Turkey Rice ----- Rubeen Sandwich (corned beef, cheese & sauerkraut) * Garden Salad with Chicken	Mulligatawny * Won Ton ----- Chicken Sandwich * Cold Cuts with Coleslaw & a Bun	Cream of Squash * Chicken Gumbo ----- Ham Sandwich * Tomato & Cheese on English Muffin	Manhattan Clam Chowder * Vegetable Barley ----- Fruit & Yogurt with Raisin Scone * Grilled Ham & Cheese Sandwich	Cheddar & Broccoli * French Onion ----- Roast Beef Sandwich * Turkey Sandwich	<b>BRUNCH</b>  Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Browns and Toast. ---- Feature: French Toast
<b>Afternoon Tea &amp; Snack @ 2:15 pm:</b> Cookies and Fresh Fruit						
<b>DINNER @ 5:00 pm</b>						
Green Salad Tomato & Cucumber	Green Salad Bean Medley Salad	Green Salad Tropical Coleslaw	Green Salad Orzo Pasta Salad	Green Salad Taco Salad	Green Salad Thai Mango Salad	Green Salad Caesar Salad
Meatballs in Mushroom Gravy * Lemon Sole	Cabbage Rolls * Asparagus & Bell Pepper Quiche	Hawaiian Chicken Breast * Maui Ribs	BBQ Salmon * Spring Rolls	Fish & Chips * Cheese Burger	Chicken Cutlets * Steak & Mushrooms	<b>Sunday Roast Dinner</b>  Baked Smoked Ham with Pineapple
Mashed Potatoes	Rice	Coconut Rice	Roasted Potatoes	Fries	Baked Potato	Scallop Potatoes
Butternut Squash	Creamed Spinach	Corn on the Cob	Carrots	Spaghetti Squash	Roasted Tomatoes	Brussel Sprouts
Ratatouille	Rutabaga	Green Beans	Cauliflower	Corn	Peas	Carrots
Fresh Fruit	Custard	Pina Colada Mousse	Black Forest Cake	Butterscotch Pudding	Lemon Cheesecake	Sticky Toffee Pudding
<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.	