

Kiwanis Garden Manor Weekly Menu

Monday November 13	Tuesday November 14	Wednesday November 15	Thursday November 16	Friday November 17	Saturday November 18	Sunday November 19
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Cream of Tomato * Vegetable Rice ----- Roast Beef Sandwich * B.L.T. Sandwich (bacon/lettuce/tomato)	Cream of Celery * Beef Vegetable ----- Ham Sandwich * Chicken & Avocado Croissant Sandwich	Clam Chowder * Tortilla ----- Turkey 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 Browns and Toast. ----- Strawberry Waffles *
Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
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 * Chicken Stir Fry	Beef Tenderloin * Sautéed Prawns	Fish & Chips * Burger with Raw Onions & Pickles	Spaghetti * Pork Cutlet	Sunday Roast Dinner Roast Chicken
Egg Noodles	Roasted Potato	Rice	Steamed Potatoes	Fries	Mashed Potato	Mashed Potato
Roasted Root	Broccoli	Bok Choy	Carrots	Green Beans	Roasted Zucchini	Peas
Vegetables	Cauliflower	Butternut Squash	Creamed Corn	Rutabaga	Sautéed Mushrooms	Carrots
Tapioca	Bread Pudding	Baked Apples	Ice Cream Sundaes	Peach Cobbler	Butterscotch Pudding	Pumpkin 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.	