

Kiwanis Garden Manor Weekly Menu

Monday May 13	Tuesday May 14	Wednesday May 15	Thursday May 16	Friday May 17	Saturday May 18	Sunday May 19
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Roasted Parsnip * Garden Vegetable ----- Ham Sandwich * Fruit Plate & Soda Bread	Lentil * Potato Leek ----- Grilled Cheese & Onion Sandwich * Devilled Ham Sandwich	Tomato Rice * Chicken Barley ----- Monte Cristo Sandwich * Roast Beef Sandwich	Clam Chowder * Bean & Bacon ----- Sausage & Egg on English Muffin * Tuna Sandwich	Cream of Celery * Hamburger ----- Veggie Croissant Sandwich * Chicken Caesar Wrap	Cream of Mushroom * 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 Brussel Sprout Salad	Green Salad Orange & Melon 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 * Lamb & Orzo Stew	Chicken Souvlaki * BBQ Pork Ribs	Swedish Meatballs * Crab Cakes	Bangers & Mash * Mild Jambalaya	Chicken Burger * Coconut Prawns	Liver & Onions * Veal Parmesan	Sunday Roast Dinner Roast Chicken
Roasted Potatoes	Hash Brown Casserole	Rice	Mashed Potatoes	Tatar Tots	Baked Potato	Mashed Potatoes
Mushrooms	Parsnips	Cauliflower	Rutabaga	Broccoli	Mixed Veggies	Carrots
Beets	Zucchini	Swiss Chard	Peas	Beans		Brussel Sprouts
Upside Down Cake	Banana Bread	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.		