

Kiwanis Garden Manor Weekly Menu

Monday July 13	Tuesday July 14	Wednesday July 15	Thursday July 16	Friday July 17	Saturday July 18	Sunday July 19
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Tomato Rice * Garden Vegetable ----- Roast Beef Sandwich * Fruit Salad & Soda Bread	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 * Melon & Yogurt Salad	Chicken Burger * Coconut Prawns	Liver & onions * Veal Parmesan	Sunday Roast Dinner Roast Chicken
Roasted Potatoes	Hash Brown Casserole	Rice	Mashed Potatoes	Tater Tots	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.	