

Kiwaniis Garden Manor Weekly Menu

Monday June 10	Tuesday June 11	Wednesday June 12	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Cream of Tomato * Vegetable Rice ----- Turkey Sandwich * BLT Sandwich (bacon, lettuce, tomato)	Cream of Celery * Beef Vegetable ----- Ham Sandwich * Chicken & Avocado Croissant Sandwich	Clam Chowder * Tortilla Soup ----- Zucchini Fritters * Bacon & Tomato Quiche	Cream of Carrot * Turkey Noodle ----- Tuna Sandwich * Corned Beef on Rye Sandwich	Cream of Broccoli * Scotch Broth ----- Farmers Omelette * Grilled Prawn Salad	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. ---- Feature: 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	Coleslaw Potato Salad	Green Salad Italian Pasta Salad	Green Salad Beet Salad	Green Salad Ambrosia Salad	Green Salad Caesar Salad
Lemon Chicken * Beef Stroganoff	Beef Tenderloin * Baked Salmon with Sundried Tomato	<u>Father's Day BBQ</u> BBQ Hamburger * BBQ Hot Dog	Chili Con Carne * Sautéed Prawns	Fish & Chips * Burger with Raw Onions & Pickles	Spaghetti * Pork Cutlet	Sunday Roast Dinner Roast Chicken
Egg Noodles	Roasted Potato	French Fries	Steamed Potatoes	Fries	Baked Potato	Mashed Potato
Roasted Root Veg.	Broccoli	Vegetable Kebob	Carrots	Green Beans	Roasted Zucchini	Peas
	Cauliflower		Creamed Corn	Rutabaga	Sautéed Mushrooms	Carrots
Tapioca	Bread Pudding	Ice Cream Novelties	Baked Apples	Peach Cobbler	Rice 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.	

Week 1