

Kiwaniis Garden Manor Weekly Menu						
Monday October 20	Tuesday October 21	Wednesday October 22	Thursday October 23	Friday October 24	Saturday October 25	Sunday October 26
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Potato Leek * Chicken Gumbo ----- Devilleed Ham Sandwich * Baked Beans on Toast	Borscht * Pepper Pot ----- Roast Beef Sandwich * Vietnamese Chicken Salad	Cream of Mushroom * Won Ton ----- Hot Dogs * Breakfast Casserole	Cream of Cauliflower * Beef Barley ----- Ham Sandwich * Turkey & Cranberry Sandwich	Corn Chowder * Moroccan Chickpea ----- Salmon Sandwich * Quesadilla (chicken, cheese & diced veggies in a flour tortilla - grilled)	Cream of Carrot & Ginger * Chicken Noodle ----- Grilled Cheese Sandwich * Chicken Salad Sandwich	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Browns and Toast. ----- Feature: Fried Eggs
Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Tomato & Avocado	Green Salad Potato Salad	Green Salad Crab & Cucumber Salad	Green Salad Chickpea Salad	Green Salad Watermelon Salad	Green Salad Mandarin Orange Salad	Green Salad Caesar Salad
Baked Salmon * Spinach Spanakopita (spinach & feta backed in puff pastry)	Chicken Pot Pie * Salisbury Steak	Stuffed Sole (fish) * BBQ Chicken	Macaroni & Cheese * Breaded Pork Cutlet	Prawn Stirfry * Shepherd's Pie	Thai Curry Chicken * Lasagne	Sunday Roast Dinner Roast Beef with Yorkshire Pudding
Steamed Potatoes	Mashed Potatoes	Roasted Nugget Pot.	Mashed Potatoes	Steam Fried Noodles	Rice	Mashed Potatoes
Parsnips	Cauliflower	Bok Choy	Peas	Cabbage	Egg Plant	Carrots
Beets	Carrots	Peppers	Corn	Rutabaga	Spinach	Green Beans
Lemon Jello	Fresh Fruit & Yogurt	Custard	Butter Tart Square	Banana Pudding	Ice Cream Sundaes	Lemon Meringue 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 2