

### Kiwaniis Garden Manor Weekly Menu

Monday March 20	Tuesday March 21	Wednesday March 22	Thursday March 23	Friday March 24	Saturday March 25	Sunday March 26
<b>Morning Coffee &amp; Snack @ 9:15 am:</b> Yogurt, Muffins and Fruit						
<b>LUNCH @ Noon</b>						
Potato Leek * Chicken Gumbo ----- Devilled Ham Sandwich * Poached Eggs	Borscht * Pepper Pot ----- Grilled Cheese Sandwich * Baked Beans on Toast	Cream of Mushroom * Won Ton ----- Hot Dogs * Broccoli Quiche	Cream of Cauliflower * Beef Barley ----- Ham Sandwich * Chicken Caesar Wrap	Corn Chowder * Moroccan Chickpea ----- Salmon Sandwich * Grilled Cheese & Onion Sandwich	Cream of Carrot & Ginger * Chicken Noodle ----- Roast Beef Sandwich * Chicken Salad Sandwich	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Brown and Toast. ----- Fried Eggs *
<b>Afternoon Tea &amp; Snack @ 2:15 pm:</b> Cookies and Fresh Fruit						
<b>DINNER @ 5:00 pm</b>						
Green Salad Tomato & Avocado	Green Salad Potato Salad	Green Salad Crab & Cucumber Salad	Green Salad Chickpea Salad	Green Salad Watermelon Salad	Green Salad Coleslaw	Green Salad Caesar Salad
Beef Bourguignon * Spinach Spanakopita	Macaroni & Cheese * Garlic & Thyme Sauteed Scallops	Beef Tenderloin * BBQ Chicken	Chicken Pot Pie * Pork Medallions	Stuffed Sole * Shepherd's Pie	Veal Cutlet & Gravy * Lasagne	<b>Sunday Roast Dinner</b>  Roast Beef with Yorkshire Pudding
Roasted Nugget Pot.	Rice	Steamed Nugget Pot.	Steamed Potato	Rice	Mashed Potato	Mashed Potato
Parsnips	Cauliflower	Bok Choy	Peas	Cabbage	Egg Plant	Baby Carrots
Beets	Carrots	Peppers	Corn	Rutabaga	Spinach	Green Beans
Lemon Jello	Fresh Fruit	Banana Pudding	Butter Tart Square	Lemon Cake	Ice Cream Sundaes	Lemon Meringue
<b>ALTERNATE CHOICES:</b> A limited menu is also available consisting of: eggs & toast, cheese omelette, fruit with yogurt or sandwich with available filling.			<b>BEVERAGE CHOICES:</b> Tea, coffee (regular & decaf), hot chocolate, milk, orange juice, cranberry juice or apple juice.		<b>DIETARY RESTRICTIONS:</b> Please discuss with kitchen staff if you have any dietary restrictions or requests.	