Kiwanis Garden Manor Weekly Menu

Monday November 16	Tuesday November 17	Wednesday November 18	Thursday November 19	Friday November 20	Saturday November 21	Sunday November 22
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Cream of Tomato * Vegetable Rice ----- Turkey Sandwich * B.L.T. Sandwich (bacon/lettuce/tomato)	Potato & Leek * Beef & Cabbage ----- Farmers Omelette * Chicken & Avocado Sandwich	Cream of Broccoli * Turkey Noodle ----- Roast Beef Sandwich * Bacon & Tomato Quiche	Cream of Carrot * Tortilla Soup ----- Tuna Sandwich * Corned Beef on Rye Sandwich	Creamy Clam Chowder * Scotch Broth ----- Ham Sandwich * 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 Potato Salad	Green Salad Spring Rolls	Green Salad Italian Pasta Salad	Green Salad Beet Salad	Green Salad Ambrosia Salad	Green Salad Caesar Salad
Baked Salmon with Sundried Tomato * Beef Stroganoff	Meatloaf with Gravy * Lemon Chicken	Sweet & Sour Pork * Butter Chicken	Chili Con Carne * Sautéed Prawns	Fish & Chips * Hamburger with Onions & Pickles	Sloppy Joes * Chef Salad	**Sunday Roast Dinner** Roast Chicken
Egg Noodles	Mashed Potato	Rice	Baked Potato	Red Potato Wedges	Steamed Potatoes	Mashed Potatoes
Roasted Root Vegetables	Broccoli	Swiss Chard	Carrots	Green Beans	Roasted Zucchini	Peas
-	Cauliflower	Bell Peppers	Creamed Corn	Rutabaga	Sautéed Mushrooms	Carrots
Tapioca	Cherry Jello	Butter Tart Square	Ice Cream Sundaes	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.