

Kiwanis Garden Manor Weekly Menu						
Monday October 26	Tuesday October 27	Wednesday October 28	Thursday October 29	Friday October 30	Saturday October 31	Sunday November 1
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Cream of Asparagus * Chicken Noodle ----- Open Faced Denver Sandwich (omelette on toast) * Shrimp Roll (shrimp salad in a bun)	Cream of Broccoli * Turkey Rice ----- Rueben Sandwich (corned beef, cheese & sauerkraut) * Garden Salad with Chicken	Mulligatawny * Won Ton ----- Chicken Sandwich * Cold Cuts with Coleslaw & a Bun	Cream of Squash * Chicken Gumbo ----- Ham Sandwich * Tomato & Cheese on English Muffin	Manhattan Clam Chowder * Vegetable Barley ----- Fruit & Yogurt with Raisin Scone * Grilled Ham & Cheese Sandwich	Cheddar & Broccoli * French Onion ----- Roast Beef Sandwich * Turkey Sandwich	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Browns and Toast. ---- Feature: French Toast
Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Tomato & Cucumber	Green Salad Bean Medley Salad	Green Salad B.L.T. Salad	Green Salad Orzo Pasta Salad	Green Salad Taco Salad	Green Salad Thai Mango Salad	Green Salad Caesar Salad
Meatballs in Mushroom Gravy * Lemon Sole	Cabbage Rolls * Asparagus & Bell Pepper Quiche	Roast Lamb * Chicken Cacciatore (in tomato sauce)	BBQ Salmon * Spring Rolls	Fish & Chips * Cheese Burger	Chicken Cutlets * Steak & Mushrooms	Sunday Roast Dinner Baked Smoked Ham with Pineapple
Mashed Potatoes	Rice	Mashed Potatoes	Roasted Potatoes	Fries	Baked Potato	Scallop Potatoes
Butternut Squash	Creamed Spinach	Swiss Chard	Carrots	Spaghetti Squash	Roasted Tomatoes	Brussel Sprouts
Ratatouille	Rutabaga	Spaghetti Squash	Cauliflower	Corn	Peas	Carrots
Fresh Fruit	Custard	Lime Jello	Black Forest Cake	Butterscotch Pudding	Lemon Cheesecake	Sticky Toffee Pudding
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.	