

Kiwanis Garden Manor Weekly Menu						
Monday July 14	Tuesday July 15	Wednesday July 16	Thursday July 17	Friday July 18	Saturday July 19	Sunday July 20
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Potato Leek * Chicken Gumbo ----- Deville'd 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 (grilled flour tortilla with chicken, cheese and diced veggies)	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	Chicken Pot Pie * Garlic & Thyme Sauteed Scallops	Sloppy Joes (ground beef in tomato sauce served on a bun) * BBQ Chicken	Mac & Cheese * Breaded Pork Cutlet	Quiche Lorraine * Shepherd's Pie	Thai Curry Chicken * Lasagne	Sunday Roast Dinner Roast Beef with Yorkshire Pudding
Roasted Nugget Pot.	Rice	Steamed Potatoes	Mashed Potatoes	No Extra Starch	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