

Kiwanis Garden Manor Weekly Menu						
Monday January 26	Tuesday January 27	Wednesday January 28	Thursday January 29	Friday January 30	Saturday January 31	Sunday February 1
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)	Cream of Celery * Beef & Cabbage ----- Farmers Omelette * Chicken & Avocado Sandwich	Cream of Broccoli * Turkey Noodle ----- Clubhouse Croissant Sandwich * Bacon & Tomato Quiche	Cream of Carrot * Tortilla Soup ----- Tuna Sandwich * Corned Beef Sandwich on Rye	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 Greek Salad	Green Salad Spring Rolls	Green Salad Italian Pasta Salad	Green Salad Beet Salad	Green Salad Ambrosia Salad	Green Salad Caesar Salad
Lemon Chicken * Beef Stroganoff	Grilled Steak * Baked Salmon	Sweet & Sour Pork * Butter Chicken	Chili Con Carne * Sautéed Prawns	Fish & Chips * Burger with Onions & Pickles	Meatloaf * Chef Salad	Sunday Roast Dinner Roast Chicken
Egg Noodles	Nugget Potatoes	Rice	Baked Potato	Fries	Mashed Potatoes	Mashed Potatoes
Roasted Root Vegetables	Brussel Sprouts	Swiss Chard	Carrots	Green Beans	Roasted Zucchini	Peas
-	Cauliflower	Bell Peppers	Creamed Corn	Rutabaga	Sautéed Mushrooms	Carrots
Tapioca	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.	