

Kiwaniis Garden Manor Weekly Menu

Monday May 15	Tuesday May 16	Wednesday May 17	Thursday May 18	Friday May 19	Saturday May 20	Sunday May 21
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Cream of Squash * Chicken Rice ----- Ham Sandwich * Hot Roast Beef Sandwich	Cream of Sweet Potato * Minestrone ----- Sausage Rolls * Tuna Sandwich	Mulligatawny * Navy Bean ----- Egg Salad on White Bread * Clubhouse Croissant Sandwich	Thai Chicken & Rice * Mini Meatball ----- Ham & Pineapple Pizza * 3 Meat Sub Sandwich	Cream of Spinach * Beef Noodle ----- Southwest Chicken Wrap * Salmon Sandwich	Split Pea * Chinese Noodle ----- * Turkey Sandwich * Shrimp Ceasar	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Browns and Toast. ----- Blueberry Pancakes *
Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Pasta Salad	Green Salad Orange & Melon Salad	Green Salad Thai Cucumber Salad	Green Salad Corn & Black Bean	Green Salad Broccoli Salad	Green Salad Spinach & Strawberry	Green Salad Caesar Salad
Turkey Noodle Casserole * Irish Stew	BBQ Pork Shank * Salmon Wellington	Teriyaki Chicken * Pot Stickers	Baked Pork Chops * Meatloaf	Cod with Lemon Butter Sauce * Mulligan Stew	Swiss Steak * Pesto Fettuccini	Sunday Dinner Pork Roast
No starch	Roasted Potatoes	Rice	Mashed Potato	Steamed Nugget Pot.	Steamed Potatoes	Mashed Potato
Mushrooms	Parsnips	Stir Fry Veg	Brussel Sprouts	Carrots	Broccoli	Mixed Veggies
Stewed tomatoes	Squash		Cauliflower	Zucchini	Baby Beets	Butternut Squash
Sherbert	Strawberry Shortcake	New York Cheesecake	Cherry Jello	Carrot Cake	Chocolate Eclairs	Strawberry Rhubarb Pie
ALTERNATE CHOICES: A limited menu is also available consisting of: eggs & toast, 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.	