

### Kiwaniis Garden Manor Weekly Menu

Monday September 19	Tuesday September 20	Wednesday September 21	Thursday September 22	Friday September 23	Saturday September 24	Sunday September 25
<b>Morning Coffee &amp; Snack @ 9:15 am:</b> Yogurt, Muffins and Fruit						
<b>LUNCH @ Noon</b>						
Cream of chicken * Garden Vegetable ----- Ham Sandwich * Fruit Plate & Soda Bread	Lentil * Potato Leek ----- Grilled Cheese & Onion Sandwich * Devilled Ham Sandwich	Tomato Rice * Bean & Bacon ----- Monte Cristo Sandwich * Roast Beef Sandwich	Clam chowder * Chicken Barley ----- Sausage & Egg on English Muffin * Tuna Sandwich	Cream of Celery * Hamburger ----- Veggie Croissant Sandwich * Salmon Sandwich	Cream of Mushroom * Carrot & Apple ----- Egg Salad Sandwich * Turkey Sandwich	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Brown and Toast. ----- Eggs Benny
<b>Afternoon Tea &amp; Snack @ 2:15 pm:</b> Cookies and Fresh Fruit						
<b>DINNER @ 5:00 pm</b>						
Green Salad Brussel Sprout Salad	Green Salad Carrot & Raisin	Green Salad Thai Noodle Salad	Green Salad Greek Salad	Green Salad Waldorf Salad	Green Salad Spinach Salad	Green Salad Caesar Salad
Chicken Cordon Bleu * Chili	Chicken Souvlaki * BBQ Pork Ribs	Swedish Meatballs * Lemon Sole	Bangers & Mash * Salisbury Steak	Chicken Burger * Coconut Prawns	Liver & onions * Veal Parmesan	<b>Sunday Roast Dinner</b>  Roast Chicken
Roasted Potato	Hash Brown Casserole	Rice	Mashed Potato	Tatar Tots	Baked Potato	Mashed Potato
Mushrooms	Parsnips	Braised Celery	Rutabaga	Broccoli	Mixed Veggies	Carrots
Beets	Zucchini	Bok Choy	Peas	Beans	Stewed Tomatoes	Brussel Sprouts
Upside Down Cake	Angel Food Cake	Fruit Parfait	Lemon Loaf	Date Square	Apple Crumble	Banana Cream
<b>ALTERNATE CHOICES:</b> A limited menu is also available consisting of eggs & toast, cheese omelette, fruit with yogurt or sandwich with available filling.		<b>BEVERAGE CHOICES:</b> Tea, coffee (regular & decaf), hot chocolate, milk, orange juice, cranberry juice or apple juice.		<b>DIETARY RESTRICTIONS:</b> Please discuss with kitchen staff if you have any dietary restrictions or requests.		