

### Kiwaniis Garden Manor Weekly Menu

Monday July 8	Tuesday July 9	Wednesday July 10	Thursday July 11	Friday July 12	Saturday July 13	Sunday July 14
<b>Morning Coffee &amp; Snack @ 9:15 am:</b> Yogurt, Muffins and Fruit						
<b>LUNCH @ Noon</b>						
Cream of Asparagus * Chicken Noodle ----- Open Faced Denver Sandwich * Salmon Sandwich	Cream of Broccoli * Turkey Rice ----- Rueben Sandwich * Garden Chicken Salad	Mulligatawny * Won Ton ----- Chicken Sandwich * Cold Cuts with Coleslaw & a bun	Cream of Squash * Chicken Gumbo ----- Ham Sandwich * Tomato & Cheese on English Muffin	Seafood 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. ----- French Toast
<b>Afternoon Tea &amp; Snack @ 2:15 pm:</b> Cookies and Fresh Fruit						
<b>DINNER @ 5:00 pm</b>						
Green Salad Tomato & Cucumber	Green Salad 3 Bean 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	Roasted Lamb Leg * Chicken Cacciatore <small>(chicken in tomato sauce)</small>	Moussaka <small>(Greek dish - meat, eggplant &amp; potato casserole)</small> * Spring Rolls	Fish & Chips * Mozza Burger	Chicken Cutlets * Steak & Mushrooms	<b>Sunday Roast Dinner</b>  Baked Smoked Ham with Pineapple
Mashed Potatoes	Rice	Steamed Potatoes	Mashed Potatoes	Fries	Roasted Potatoes	Scallop Potatoes
Butternut Squash	Creamed Spinach	Broccoli	Carrots	Green Beans	Roasted Tomatoes	Brussel Sprouts
Zucchini	Spaghetti Squash	Cauliflower	Rutabaga	Corn	Peas	Carrots
Fresh Fruit	Ice Cream	Lime Jello	Black Forest Cake	Butterscotch Pudding	Lemon Cheesecake	Sticky Toffee Pudding
<b>ALTERNATE CHOICES:</b> A limited menu is also available consisting of: poached, scrambled eggs or 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.		