

Kiwaniis Garden Manor Weekly Menu						
Monday October 5	Tuesday October 6	Wednesday October 7	Thursday October 8	Friday October 9	Saturday October 10	Sunday October 11
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Potato Leek * Chicken Gumbo ----- Devilled Ham Sandwich * Baked Beans on Toast	Borscht * Bell Pepper Pot ----- Roast Beef Sandwich * Broccoli Quiche	Cream of Mushroom * Won Ton ----- Hot Dogs * Breakfast Casserole (cubed bread, ham, eggs and cheese baked in a casserole)	Creamy Butternut Squash * Hearty Beef Barley ----- Pulled Pork on a bun with Coleslaw * Turkey & Cranberry Sandwich with stuffing	Corn Chowder * Moroccan Chickpea ----- Salmon Sandwich * Quesadilla (chicken, cheese and diced veggies grilled inside a flour tortilla)	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 Chickpea Salad	Green Salad Crab & Cucumber Salad	Green Salad Potato Salad	Green Salad Watermelon Salad	Green Salad Mandarin Orange	Green Salad Caesar Salad
Baked Salmon * Spinach Spanakopita	Chicken Pot Pie * Garlic & Thyme Scallops	BBQ Chicken * Swedish Meatballs	Grilled Steak * Breaded Pork Cutlet	Prawn Stirfry * Shepherd’s Pie	Thai Curry Chicken * Lasagne	Thanksgiving Dinner Roast Turkey With all the Trimmings
Steamed Potatoes	Rice	Roasted Nugget Pot.	Mashed Potatoes	Rice	Egg Noodles	Mashed Potatoes
Broccoli	Sauteed Eggplant	Bok Choy	Peas	Cabbage	Parsnips	Glazed Carrots
Beets	Carrots	Peppers	Corn	Rutabaga	Spinach	Brussel Sprouts
Lemon Jello	Fresh Fruit & Yogurt	Strawberry Crepes	Baked Apples	Banana Pudding	Ice Cream Sundaes	Pecan Pie
ALTERNATE CHOICES: A limited menu is also available consisting of: poached or 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.	