

Kiwaniis Garden Manor Weekly Menu						
Monday July 21	Tuesday July 22	Wednesday July 23	Thursday July 24	Friday July 25	Saturday July 26	Sunday July 27
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Cream of Squash * Chicken Rice ----- Turkey Sandwich * Tuna Sandwich	Cream of Sweet Potato * Cabbage Roll Soup ----- 3 Meat Sub Sandwich * Hot Roast Beef Sandwich	Mulligatawny * Chinese Noodle ----- Egg Salad Sandwich * Clubhouse Croissant Sandwich	Thai Chicken & Rice * Mini Meatball ----- Ham & Pineapple Pizza * Sausage Rolls	Cream of Spinach * Navy Bean ----- Southwest Chicken Wrap * Salmon Sandwich	Split Pea * Beef Noodle ----- * Ham Sandwich * Shrimp Ceasar	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Browns and Toast. ----- Feature: Blueberry Pancakes
Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Pasta Salad	Green Salad Butternut Squash Salad	Green Salad Thai Cucumber Salad	Green Salad Corn & Black Bean Salad	Green Salad Broccoli Salad	Green Salad Spinach & Strawberry	Green Salad Caesar Salad
Turkey Noodle Casserole * Irish Stew	BBQ Pork Shank * Pot Stickers (asian dumplings)	Teriyaki Chicken * Coconut Curry Prawns	Pork Chops * Chicken & Berry Salad	Cod with Lemon Butter Sauce * Philly Cheese Steak	Swiss Steak * Pesto Fettuccini	Sunday Dinner Pork Roast
No extra starch	Roasted Potatoes	Rice	Mashed Sweet Potato	Steamed Nugget Pot.	Steamed Potatoes	Mashed Potatoes
Mushrooms	Parsnips	Stir Fry Veg	Brussel Sprouts	Carrots	Broccoli	Mixed Veggies
Stewed tomatoes	Spaghetti Squash		Cauliflower	Zucchini	Baby Beets	Butternut Squash
Sherbert	Fresh Fruit & Custard	New York Cheesecake	Cherry Jello	Carrot Cake	Chocolate Eclair	Strawberry Rhubarb 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.	