Kiwanis Garden Manor Weekly Menu

Monday November 30	Tuesday December 1	Wednesday December 2	Thursday December 3	Friday December 4	Saturday December 5	Sunday December 6
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 * Cabbage Roll Soup ----- Sausage Rolls * Tuna Sandwich	Mulligatawny * Mini Meatball ----- Egg Salad Sandwich * Clubhouse Croissant Sandwich	Thai Chicken & Rice * Chinese Noodle ----- Ham & Pineapple Pizza	Cream of Spinach * Navy Bean ----- Southwest Chicken Wrap * Salmon Sandwich	Split Pea * Beef Noodle ----- Turkey Sandwich * Shrimp Ceasar Salad	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	Sausage & Onion Pie * 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	Nugget Potatoes	Roasted Potatoes	Steamed Potatoes	Mashed Potato
Mushrooms	Parsnips	Stir Fry Vegetables	Zucchini	Carrots	Broccoli	Mixed Vegetables
Stewed tomatoes	Spaghetti Squash		Cauliflower	Brussel Sprouts	Baby Beets	Butternut Squash
Sherbert	Fruit Cocktail	Cherry Jello	New York Cheesecake	Carrot Cake	Cream Puffs	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.