

Kiwanis Garden Manor Weekly Menu						
Monday February 16	Tuesday February 17 Chinese New Year!	Wednesday February 18	Thursday February 19	Friday February 20	Saturday February 21	Sunday February 22
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Roasted Parsnip * Garden Vegetable ---- Roast Beef Sandwich * Fruit Plate & Soda Bread	War Wonton (vegetables & wontons) * Potato Leek ---- Veggie Croissant Sandwich * Chicken Salad	Tomato Rice * Chicken Barley ---- Monte Cristo Sandwich * Salmon Sandwich	Cream of Mushroom * Hamburger ---- Ham, Egg & Cheese on English Muffin * Tuna Sandwich	Borscht (beets) * Bean & Bacon ---- Grilled Cheese & Onion Sandwich * Chicken Caesar Wrap	Clam Chowder * Carrot & Apple ---- Egg Salad Sandwich * Turkey Sandwich	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Browns and Toast. ---- Eggs Benny
Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Orange & Melon Salad	Green Salad Spring Roll	Green Salad Thai Noodle Salad	Green Salad Greek Salad	Green Salad Waldorf Salad	Green Salad Spinach Salad	Green Salad Caesar Salad
Chicken Cordon Bleu * Salisbury Steak	Orange Chicken * Ginger Beef	Swedish Meatballs * Crab Cakes	Bangers & Mash * Veal Parmesan	Chicken Burger * Coconut Prawns	Liver & onions * Grilled Steak	Sunday Roast Dinner Roast Chicken
Roasted Potatoes	Chicken Chow Mein	Rice	Mashed Potatoes	Tater Tots	Baked Potato	Mashed Potatoes
Mushrooms	Vegetable Chop Suey	Beets	Rutabaga	Broccoli	Mixed Vegetables	Carrots
Cauliflower		Bok Choy	Peas	Green Beans		Brussel Sprouts
Upside Down Cake	Chinese Treats	Fruit Parfait	Lemon Loaf	Angel Food Cake	Apple Crumble	Blueberry 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.	