

Kiwaniis Garden Manor Weekly Menu

Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27	Sunday April 28
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Cream of Tomato * Vegetable Rice ----- Roast Beef Sandwich * Chicken Salad Sandwich	Cream of Celery * Beef Vegetable ----- Ham Sandwich * Chicken & Avocado Croissant Sandwich	Clam Chowder * Tortilla Soup ----- Turkey Sandwich * Bacon, Lettuce & Tomato Sandwich	Cream of Carrot * Turkey Noodle ----- Tuna Sandwich * Veggie Croissant Sandwich	Cream of Broccoli * Scotch Broth ----- Salmon Sandwich * Chicken Salad Sandwich	Cream of Asparagus * French Onion ----- Egg Salad Sandwich * Fruit & Cottage Cheese	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Browns and Toast. ----- Feature: Strawberry Waffles *
Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Carrot & Raisin Salad	Green Salad Greek Salad	Green Salad Spring Rolls	Green Salad Waldorf Salad	Green Salad Spinach Salad	Green Salad Ambrosia Salad	Green Salad Caesar Salad
Lemon Chicken * Beef Stroganoff	Beef Tenderloin * Baked Salmon with Sundried Tomato	Sweet & Sour Pork * Butter Chicken	Chili Con Carne * Sautéed Prawns	Fish & Chips * Burger with Raw Onions & Pickles	Spaghetti * Pork Cutlet	Sunday Roast Dinner Roast Chicken
Egg Noodles	Roasted Potatoes	Rice	Steamed Potatoes	Fries	Mashed Potato	Mashed Potato
Roasted Root Veg.	Broccoli	Bok Choy	Carrots	Green Beans	Roasted Zucchini	Peas
	Cauliflower	Butternut Squash	Creamed Corn	Rutabaga	Sautéed Mushrooms	Carrots
Tapioca	Bread Pudding	Baked Apples	Ice Cream Sundaes	Peach Cobbler	Rice Pudding	Pumpkin 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.	