Kiwanis Garden Manor Weekly Menu

Monday November 23	Tuesday November 24	Wednesday November 25	Thursday November 26	Friday November 27	Saturday November 28	Sunday November 29
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 * Hot Meatloaf Sandwich & Gravy	Cream of Cauliflower * Beef Barley ----- Ham Sandwich * Turkey & Cranberry Sandwich	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	**Sunday Roast Dinner** Beef Pot Roast with Yorkshire Puddings
Steamed Potatoes	Rice	Roasted Nugget Pot.	Mashed Potatoes	Rice	Egg Noodles	Mashed Potatoes
Broccoli	Sauteed Eggplant	Bok Choy	Peas	Cabbage	Parsnips	Carrots
Beets	Carrots	Peppers	Corn	Rutabaga	Spinach	Green Beans
Lemon Jello	Fresh Fruit & Yogurt	Strawberry Crepes	Baked Apples	Banana Pudding	Ice Cream Sundaes	Lemon Meringue 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.