

Kiwaniis Garden Manor Weekly Menu						
Monday November 3	Tuesday November 4	Wednesday November 5	Thursday November 6	Friday November 7	Saturday November 8	Sunday November 9
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Roasted Parsnip * Garden Vegetable ----- Roast Beef Sandwich * Fruit Plate & Soda Bread	Lentil * Potato Leek ----- Grilled Cheese & Onion Sandwich * Devilled Ham Sandwich	Tomato Rice * Chicken Barley ----- Monte Cristo Sandwich * Salmon Sandwich	Clam Chowder * Hamburger Soup ----- Ham, Egg & Cheese on English Muffin * Tuna Sandwich	Borscht * Bean & Bacon ----- Veggie Croissant Sandwich * Chicken Caesar Wrap	Cream of Mushroom * Carrot & Apple ----- Egg Salad Sandwich * Turkey Sandwich	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Browns and Toast. ----- Feature: Eggs Benny
Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Orange & Melon Salad	Green Salad Brussel Sprout Salad	Green Salad Thai Noodle Salad	Green Salad Greek Salad	Green Salad Waldorf Salad	Green Salad Spinach Salad	Green Salad Caesar Salad
Chicken Cordon Bleu * Garlic & Thyme Scallops	Chicken Souvlaki * BBQ Pork Ribs	Swedish Meatballs * Crab Cakes	Bangers & Mash (sausages) * Veal Parmesan	Chicken Burger * Coconut Prawns	Liver & onions * Grilled Steak	Sunday Roast Dinner Roast Chicken
Roasted Potatoes	Hash Brown Casserole	Rice	Mashed Potatoes	Tater Tots	Baked Potato	Mashed Potatoes
Mushrooms	Parsnips	Beets	Rutabaga	Broccoli	Mixed Veggies	Carrots
Cauliflower	Zucchini	Bok Choy	Peas	Beans		Brussel Sprouts
Upside Down Cake	Banana Bread	Fruit Parfait	Lemon Loaf	Angel Food Cake	Apple Crumble	Banana Cream 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.	