

Kiwanis Garden Manor Weekly Menu

Monday April 21	Tuesday April 22	Wednesday April 23	Thursday April 24	Friday April 25	Saturday April 26	Sunday April 27
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Roasted Parsnip Soup * Garden Vegetable Soup ----- Roast Beef Sandwich * Fruit Plate & Soda Bread	Lentil Soup * Potato Leek Soup ----- Grilled Cheese & Onion Sandwich * Deville Ham Sandwich	Tomato Rice Soup * Chicken Barley Soup ----- Monte Cristo * Salmon Sandwich	Clam Chowder * Hamburger Soup ----- Ham, Egg & Cheese on English Muffin * Tuna Sandwich	Borscht * Bean & Bacon Soup ----- Veggie Croissant Sandwich * Chicken Caesar Wrap	Cream of Mushroom * Carrot & Apple Soup ----- Egg Salad Sandwich * Turkey Sandwich	BRUNCH 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 * Salisbury Steak	Chicken Souvlaki * BBQ Pork Ribs	Swedish Meatballs * Crab Cakes	Bangers & Mash * House Salad topped with Sliced Steak	Chicken Burger * Coconut Prawns	Liver & Onions * Veal Parmesan	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
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.	