

Kiwaniis Garden Manor Weekly Menu

Monday December 11	Tuesday December 12	Wednesday December 13	Thursday December 14	Friday December 15	Saturday December 16	Sunday December 17
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Cream of Squash * Chicken Rice ----- Ham Sandwich * Hot Roast Beef Sandwich	Cream of Sweet Potato * Minestrone ----- Sausage Rolls * Tuna Sandwich	Mulligatawny * Beef Noodle ----- Southwest Chicken Wrap * Clubhouse Croissant Sandwich	Thai Chicken & Rice * Mini Meatball ----- Ham & Pineapple Pizza * 3 Meat Sub Sandwich	Cream of Spinach * Navy Bean ----- Egg Salad Sandwich * Salmon Sandwich	Split Pea * Chinese Noodle ----- * Turkey Sandwich * Shrimp Ceasar Salad	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Browns and Toast. ----- Blueberry Pancakes
Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Pasta Salad	Green Salad Orange & Melon Salad	Green Salad Thai Cucumber Salad	Green Salad Corn & Black Bean	<u>Tenant Party</u> Appetizer Plate	Green Salad Spinach & Strawberry	Green Salad Caesar Salad
Turkey Noodle Casserole * Irish Stew	BBQ Pork Shank * Salmon Wellington	Teriyaki Chicken * Pot Stickers	Baked Pork Chops * Meatloaf	Steak Oscar <small>(topped with crab & shrimp and hollandaise)</small> * Mediterranean Chicken Breast <small>(sundried tomato & cream sauce)</small>	Swiss Steak * Pesto Fettuccini	Sunday Dinner Pork Roast
No starch	Roasted Potatoes	Rice	Mashed Potato	Mashed Potato	Steamed Potatoes	Mashed Potato
Mushrooms	Parsnips	Stir Fry Veg	Brussel Sprouts	Honey Glazed Carrots	Broccoli	Mixed Veggies
Stewed tomatoes	Spaghetti Squash		Cauliflower	Golden Beets	Baby Beets	Butternut Squash
Sherbert	Fresh Fruit with Yogurt	New York Cheesecake	Cherry Jello	Tiramisu	Chocolate Eclairs	Strawberry Rhubarb
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.	