Kiwanis Garden Manor Weekly Menu

Monday November 9	Tuesday November 10	Wednesday November 11	Thursday November 12	Friday November 13	Saturday November 14	Sunday November 15
Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Thai Chicken & Rice * Bean & Bacon ----- Roast Beef Sandwich * Veggie Burger	Beet * Lentil ----- Tuna Sandwich * Meat Lovers Pizza	Cream of Spinach * Beef Noodle ----- Turkey & Cranberry Sandwich * Sausage Rolls	Cream of Vegetable * Italian Bean Soup ----- Egg Salad Sandwich * Monte Cristo Sandwich	Cream of Chicken * Bell Pepper Pot ----- Shrimp Caesar Salad * Hot Dogs	Cream of Cauliflower & Spinach * Minestrone ----- Chicken Salad Sandwich * Seafood Melt	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Browns and Toast. ---- Feature: Ham & Cheese Omelette
Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Green Bean Salad	Green Salad Ambrosia Salad	Green Salad Thai Cucumber Salad	Green Salad Cranberry & Bean Salad	Green Salad B.L.T. Salad	Green Salad Tomato & Cucumber	Green Salad Caesar Salad
Tourtiere (Meat Pie) * Veal Marsala (Mushroom Sauce)	Honey Garlic Meatballs * BBQ Salmon	Chicken Cordon Blue Burger * Quiche Lorraine	Maui Ribs * Seafood Casserole	Potato Crusted Cod * Beef Dip	Chicken Strips * Perogies	Spaghetti Dinner w/ Garlic Bread
Steamed Potatoes	Rice	Roasted Potatoes	Mashed Potatoes	Nugget Potatoes	Tater Tots	No Extra Starch
Beets	Spinach	Corn	Zucchini	Parsnips	Mixed Veggies	Carrots
Cauliflower	Rutabaga	Cabbage	Mushrooms	Peppers		Broccoli
Orange Jello	Chocolate Mousse	Strawberry Shortcake	Fresh Fruit Salad	Cherry Strudel	Fruit Cocktail	Apple 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.