

Kiwanis Garden Manor Weekly Menu

Monday July 19	Tuesday July 20	Wednesday July 21	Thursday July 22	Friday July 23	Saturday July 24	Sunday July 25
Morning Coffee & Snack @ 9:30 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Cream of Bacon * Vegetable ----- Turkey Sandwich * Mushroom Omelette	Cream of Tomato * Hamburger ----- Egg Salad Sandwich * Ham & Cheese Sandwich	Cream of Chicken * Navy Bean ----- Grilled Cheese Sandwich * Fruit, Yogurt & Soda Bread	Corn Chowder * Beef Barley ----- Chicken Salad Sandwich * Clubhouse Sandwich	Split Pea * Garden Vegetable ----- Fried Egg & Tomato Sandwich * Tuna Sandwich	Potato Leek * Mini Meatball ----- Devilled Ham Sandwich * Chef Salad	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Brown and Toast. ----- Poached Eggs *
Afternoon Tea & Snack @ 2:30 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Coleslaw	Green Salad Chickpea Salad	Green Salad Watermelon Salad	Green Salad Tomato & Avocado	Green Salad Pasta Salad	Green Salad Orange & Melon Salad	Green Salad Caesar Salad
Spaghetti & Meatballs * Bratwurst with Onions	Poached Cod * Chicken Cordon Blue Casserole	Beef Satay (peanut sauce) * Prawn Stirfry	Sausage & Onion Pie * Meatballs & Mushroom Gravy	Salmon Florentine * Coconut Chicken	Veal Cutlets & Gravy * Gilled Ham Steak	Sunday Roast Dinner Roast Beef & Yorkshire Pudding
Mashed Potato	Roasted Potato	Fried Rice	Mashed Potato	Nugget Potato	Scallop Potato	Mashed Potato
Roasted Root Veggies	Green Beans	Red Cabbage	Roasted Zucchini	Baby Carrots	Corn on the Cob	Peas
	Stewed Tomatoes	Sautéed Greens	Cauliflower	Broccoli	Baby Beets	Carrots
Ice Cream Sandwich	Fresh Fruit	Glazed Croissants	Brownie	Raspberry Pudding	Ice Cream	Blueberry Pie
ALTERNATE CHOICES: A limited menu is also available consisting of: eggs & toast, 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.	