

Kiwanis Garden Manor Weekly Menu						
Monday November 16	Tuesday November 17	Wednesday November 18	Thursday November 19	Friday November 20	Saturday November 21	Sunday November 22
Morning Coffee & Snack @ 9:30 am: Yogurt and Muffins						
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 * Mini Meatball ----- Tuna Sandwich * Fried Egg & Tomato Sandwich	Potato Leek * Hamburger ----- Devilled Ham Sandwich * Chef’s Salad	B R U N C H 12:00 includes Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Egg, Hash brown and Toast ----- Feature: 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	Green Salad Caesar Salad
Spaghetti & Meatballs * Grilled Bratwurst & Onions	Poached Cod * Chicken Cordon Blue Casserole	Beef Satay * Prawn Stir Fry	Sausage & Onion Pie * Meatballs & Mushroom Gravy	Salmon Florentine * Coconut Chicken	Perogies * Grilled Ham Steak	Sunday Roast Dinner Roast Beef & Yorkshire Pudding
Stuffed Potato	Roast Potato	Fried Rice	Mashed Potato	Nugget Potatoes	Scallop Potato	Mashed Potato
Roasted Root Veg.	Beans	Red Cabbage	Roasted Zucchini	Baby Carrots	Corn on the Cob	Peas
	Stewed Tomato	Green Beans	Cauliflower	Broccoli	Baby Beets	Carrots
Ice Cream Sandwich	Sticky Toffee Pudding	Glazed Croissants	Brownie	Raspberry Pudding	Moose Tracks Ice Cr.	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, apple juice, prune juice.		DIETARY RESTRICTIONS: Please discuss with kitchen staff if you have any dietary restrictions or requests.	