

Kiwanis Garden Manor Weekly Menu						
Monday July 6	Tuesday July 7	Wednesday July 8	Thursday July 9	Friday July 10	Saturday July 11	Sunday July 12
Morning Coffee & Snack @ 9:30 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Cream of Tomato * Vegetable Rice ----- Turkey & Cranberry Sandwich * B.L.T Sandwich	Cream of Celery * Beef Vegetable ----- Grilled Cheese Sandwich * Spinach Quiche	Cream of Asparagus * Chicken & Rice ----- Tuna Sandwich * Chicken Wrap	Cream of Carrot * Turkey Noodle ----- Chicken Salad Sandwich * Ham Sandwich	Cream of Broccoli * Beef Barley ----- Egg Salad Sandwich * Fruit Salad, Yogurt & Cheese Scone	New England Clam Chowder * French Onion ----- Roast Beef Sandwich * Turkey Club Croissant	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Brown and Toast. ----- Pancakes with Banana * Harvest Muffin
Afternoon Tea & Snack @ 2:30 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Orange & Melon	Green Salad Potato Salad	Green Salad Carrot & Raisin	Green Salad Watermelon	Green Salad Pasta Salad	Green Salad Spinach & Strawberry	Green Salad Caesar Salad
Honey Lemon Chicken Breast * Beef Stroganoff	Pork Cutlet * Macaroni & Cheese with Ham	Shrimp Chow Mein * Veal Parmesan	Spaghetti & Meatballs * Mediterranean Chicken	Baked Cod * Beef Chili	Vegetarian Lasagne * Pork Ribs	<b>Sunday Roast Dinner</b> Roast Beef with Yorkshire Pudding
Baked Potato	Roast Potato	Chow Mein Noodles	Nugget Potatoes	Baked Potato	Rice Pilaf	Mashed Potato
Corn	Cabbage	Bok Choi	Turnips	Butternut Squash	Sautéed Bell Peppers	Broccoli
Zucchini	Beets	Carrots	Green Beans	Asparagus	Cauliflower	Carrots
Carrot Cake	No Bake Cheese Cake	Lemon Meringue Pie	Chocolate Lasagne	Ice cream Sundae	Date Square	Homemade Pie
<b>ALTERNATE CHOICES:</b> A limited menu is also available consisting of: eggs & toast, cheese omelette, fruit with yogurt or sandwich with available filling.		<b>BEVERAGE CHOICES:</b> Tea, coffee (regular & decaf), hot chocolate, milk, orange juice, cranberry juice or apple juice.			<b>DIETARY RESTRICTIONS:</b> Please discuss with kitchen staff if you have any dietary restrictions or requests.	