

Kiwanis Garden Manor Weekly Menu						
Monday October 19	Tuesday October 20	Wednesday October 21	Thursday October 22	Friday October 23	Saturday October 24	Sunday October 25
Morning Coffee & Snack @ 9:30 am: Yogurt and Muffins						
LUNCH @ Noon						
Cream of Potato & Leek * Turkey Noodle ----- Ham & Pineapple Pizza * Chicken Salad Sandwich	Borscht * Beef Barley ----- Ham, Egg & Cheese on English Muffin * Chicken Caesar Salad	Cream of Mushroom * Chicken Gumbo ----- Tuna Sandwich * Farmer’s Omelette & Toast	Cream of Carrot & Ginger * Chicken Noodle ----- BLT Sandwich * Fruit Salad, Yogurt & Scone	Creamy Corn Chowder * Won Ton ----- Ham Sandwich * Egg Salad Sandwich	Cream of Cauliflower * Beef Noodle ----- Turkey Sandwich * Shrimp Sandwich	B R U N C H 12:00 Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Egg, Hash browns and Toast ----- Fried Eggs * Blueberry Muffin
Afternoon Tea & Snack @ 2:30 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Tomato & Cucumber	Green Salad Watermelon	Green Salad Potato Salad	Green Salad Caesar Salad	Green Salad Coleslaw	Green Salad Broccoli Salad	Green Salad Caesar Salad
Honey Garlic Glazed Meatballs * Creamy Pasta Alfredo	Lasagne & Garlic Bread * Perogies & Fried Onions	Chinese Style Chicken & Cashew Nuts * Baked Fish Fingers	Salisbury Steak * Pork Tenderloin	Baked Cod * Hamburger with pickels & raw onion	Shepherd’s Pie * BBQ Chicken	Sunday Roast Dinner Roasted Smoked Ham
Pasta	No extra starch	Fried Rice	Baked Potato	Tater Tots	Mashed Potato	Scalloped Potato
Corn	Carrots	Butternut Squash	Cauliflower	Mixed Vegetables	Beets	Brussel Sprouts
Cabbage	Green Beans	Peas	Creamed Spinach	Mushrooms	Broccoli	Cream Corn
Tapioca Pudding	Strawberry Shortcake	Nanaimo Bar	Danish Pastry	Butter Tart	Ice Cream Sundae	Homemade 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 and apple juice.		DIETARY RESTRICTIONS: Please discuss with kitchen staff if you have any dietary restrictions or requests.	