

Kiwanis Garden Manor Weekly Menu						
Monday July 26	Tuesday July 27	Wednesday July 28	Thursday July 29	Friday July 30	Saturday July 31	Sunday Aug 1
Morning Coffee & Snack @ 9:30 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Thai Chicken & Rice * Borscht ----- Roast Beef Sandwich * Pepperoni Pizza	Bean & Bacon * Lentil ----- Veggie Burger * Tuna Sandwich	Cream of Spinach * Beef Noodle ----- Turkey Sandwich * Sausage Rolls	Cream of Vegetable * Chinese Noodle ----- Egg Salad Sandwich * Monte Cristo Sandwich	Cream of Chicken * Pepper Pot ----- Shrimp Caesar * Hot Dogs	Miso Soup * Minestrone ----- Chicken Salad Sandwich * Seafood Melt	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Brown and Toast. ----- Ham & Cheese Omelette
Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Potato Salad	Green Salad Ambrosia Salad	Green Salad Thai Cucumber Salad	Green Salad Broccoli Salad	Green Salad BLT Salad	Green Salad Tomato & Cucumber	Green Salad Caesar Salad
Macaroni & Cheese with Ham * Veal Marsala	Turkey Pot Pie * Poached Salmon	Cashew Chicken * Honey Garlic Meatballs	Maui Ribs * Perogies	Citrus Lemon Cod * Pork Chops & Apple Sauce	Chicken Strips * Shrimp Alfredo	Sunday Roast Dinner Stuffed Pork Loin
Nuggets	Roasted	Rice	Hash Brown Casserole	Steamed	Tatar Tots	Mashed
Beets	Spinach	Creamed Corn	Zucchini	Parsnips	Mixed Veggies	Baby Carrots
Cauliflower	Rutabaga	Cabbage	Mushrooms	Peppers		Broccoli
Orange Jello	Blackberry Shortcake	Lemon Cake	Fresh Fruit	Apple Strudel	Fruit Cocktail	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 or apple juice.		DIETARY RESTRICTIONS: Please discuss with kitchen staff if you have any dietary restrictions or requests.	