

Kiwanis Garden Manor Weekly Menu						
Monday September 21	Tuesday September 22	Wednesday September 23	Thursday September 24	Friday September 25	Saturday September 26	Sunday September 27
Morning Coffee & Snack @ 9:30 am: Yogurt and Muffins						
LUNCH @ Noon						
Mulligatawny * Beef Noodle ----- Mushroom & Cheese Omelette with Toast * Chicken Salad Sandwich	Cream of Mushroom * Turkey Rice ----- Grilled Cheese Sandwich * Fruit & Cottage Cheese with Spinach & Feta Pocket	Corn Chowder * Vegetable Rice ----- BLT Sandwich * Shrimp Salad Sandwich	Borscht * Carrot & Apple ----- Chicken & Avocado Croissant * Ham & Pineapple Pizza	Cream of Chicken * French Onion ----- Ham Sandwich * Veggie Burger	Cream of Tomato * Beef Vegetable ----- Turkey Sandwich * Tuna Salad Sandwich	B R U N C H - 12:00 Includes: Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Egg, Hash Browns and Toast. Features: Eggs Benny * Banana Muffin
Afternoon Tea & Snack @ 2:30 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Orange & Melon	Green Salad Coleslaw	Green Salad Watermelon	Green Salad Potato Salad	Green Salad Spinach & Strawberry	Green Salad Pasta Salad	Green Salad Classic Caesar
Perogies & Sour Cream * Veal Cutlet with Gravy	Boneless Pork Ribs * Turkey Pot Pie	Lemon Chicken * Pork Dumplings & Plum Sauce	Smoked Ham with Mustard * Chicken Corden Blue	Poached Cod * Salisbury Steak	Liver & Onions * Meatloaf & Gravy	Sunday Roast Dinner Roast Beef & Yorkshire Pudding
Baked Potato	Peeled Steamed Potato	Chow Mein	Scallop Potato	Baked Potato	Mashed Potato	Mashed Potato
Butternut Squash	Mixed Vegetables	Bok Choy	Carrots	Zucchini	Sautéed Baby Greens	Carrots
Swiss Chard		Beets	Broccoli	Stewed Tomato	Cauliflower	Brussel Sprouts
Chocolate Cake	Creamy Rice Pudding	Lemon Slice	Cheesecake	Strawberry Shortcake	Sherbet	Homemade Pie
ALTERNATE CHOICES: A limited menu is also available consisting of: eggs & toast, cheese omelette, fruit with yogurt or a 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.	

Week 5