

Kiwanis Garden Manor Weekly Menu						
Monday November 29	Tuesday November 30	Wednesday December 1	Thursday December 2	Friday December 3	Saturday December 4	Sunday December 5
Morning Coffee & Snack @ 9:30 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Cream of Chicken * Garden Vegetable ----- Ham Sandwich * Fruit Plate & Soda Bread	Lentil * Potato Leek ----- Grilled Cheese & Onion * Turkey Sandwich	Clam Chowder * Bean & Bacon ----- Monte Cristo * Roast Beef Sandwich	Tomato Rice * Chicken Barley ----- Sausage & Egg Muffin * Tuna Sandwich	Cream of Celery * Hamburger ----- Veggie Croissant * Salmon Sandwich	Cream of Mushroom * Carrot & Apple ----- Egg Salad Sandwich * Devilled Ham Sandwich	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Brown and Toast. ----- Eggs Benny *
Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Brussel Sprout Salad	Green Salad Carrot & Raisin Salad	Green Salad Thai Noodle Salad	Green Salad Greek Salad	Green Salad Waldorf Salad	Green Salad Spinach Salad	Green Salad Caesar Salad
Chicken Cordon Bleu * Salisbury Steak	Veal Parmesan * BBQ Pork Ribs	Beef Chop Suey * Spring Rolls	Bangers & Mash * Steak Oscar	Chicken Burger * Coconut Prawns	Liver & Onions * Pork Souvlaki	Sunday Roast Dinner Roast Chicken with Gravy
Roasted Potato	Hash Brown Casserole	Chow Mein	Mashed Potato	Tatar Tots	Baked Potato	Mashed Potato
Mushrooms	Parsnips	Braised Celery	Rutabaga	Broccoli	Mixed Veggies	Carrots
Beets	Zucchini	Bok Choy	Peas	Beans	Stewed Tomatoes	Brussel Sprouts
Upside Down Cake	Angel Food Cake	Lemon Square	Fruit Parfait	Date Square	Apple Crumble	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.	