

Kiwanis Garden Manor Weekly Menu

Monday November 22	Tuesday November 23	Wednesday November 24	Thursday November 25	Friday November 26	Saturday November 27	Sunday November 28
Morning Coffee & Snack @ 9:30 am: Yogurt, Muffins and Fruit						
LUNCH @ Noon						
Cream of Squash * Chicken Rice ----- Ham Sandwich * Hot Roast Beef Sandwich	Cream of Sweet Potato * Minestrone ----- Sausage Rolls * Tuna Sandwich	Mulligatawny * Navy Bean ----- Egg Salad Sandwich * Clubhouse Croissant	Thai Chicken & Rice * Mini Meatball ----- Ham & Pineapple Pizza * 3 Meat Bunwich	Cream of Spinach * Beef Noodle ----- Southwest Chicken Wrap * Salmon Sandwich	Split Pea * Chinese Noodle ----- * Turkey Sandwich * Shrimp Ceasar	B R U N C H Fresh Fruit, Porridge, Bacon, Sausage, Scrambled Eggs, Hash Brown and Toast. ---- Blueberry Pancakes *
Afternoon Tea & Snack @ 2:30 pm: Cookies and Fresh Fruit						
DINNER @ 5:00 pm						
Green Salad Pasta Salad	Green Salad Orange & Melon Salad	Green Salad Thai Cucumber Salad	Green Salad Corn & Black Bean	Green Salad Broccoli Salad	Green Salad Spinach & Strawberry	Green Salad Caesar Salad
Turkey Noodle Casserole * Mulligan Stew	Mediterranean Chicken * Baked Salmon	Lemon Chicken * Beef & Broccoli	Stuffed Mushrooms * Meatloaf with Gravy	Fried Cod * Veggie Burger	Swiss Steak * Pasta Primavera	Sunday Roast Dinner Roast Turkey with all the trimmings
No extra starch	Rice	Chow Mein	Egg Noodles	French Fries	Peeled Steamed Potato	Mashed Potato
Mushroom	Peppers	Stir Fry Vegetables	Asparagus	Carrots	Broccoli	Peas
Stewed tomatoes	Zucchini		Ratatouille	Cauliflower	Baby Beets	Carrots
Sherbert	Bread Pudding	New York Cheesecake	Cherry Jello	Carrot Cake	Chocolate Eclairs	Pumpkin 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.	