

Kiwaniis Garden Manor Weekly Menu

| Monday January 13 | Tuesday January 14 | Wednesday January 15 | Thursday January 16 | Friday January 17 | Saturday January 18 | Sunday January 19 |
|---|---|---|--|---|--|--|
| Morning Coffee & Snack @ 9:15 am: Yogurt, Muffins and Fruit | | | | | | |
| LUNCH @ Noon | | | | | | |
| Roasted Parsnip * Garden Vegetable ----- Roast Beef Sandwich * Fruit Plate & Soda Bread | Lentil * Potato Leek ----- Grilled Cheese & Onion Sandwich * Turkey Sandwich | Tomato Rice * Hamburger Soup ----- Monte Cristo Sandwich (ham & cheese, dipped in egg and grilled) * BLT Sandwich | Clam chowder * Chicken Barley ----- Ham, Egg & Cheese on English Muffin * Tuna Sandwich | Borscht * Bean & Bacon ----- Veggie Croissant Sandwich * Chicken Caesar Wrap | 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 Browns and Toast. ----- Eggs Benny |
| Afternoon Tea & Snack @ 2:15 pm: Cookies and Fresh Fruit | | | | | | |
| DINNER @ 5:00 pm | | | | | | |
| Green Salad Orange & Melon Salad | Green Salad Brussel Sprout 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 * Beet Salad with Honey Lemon Dressing | Chicken Souvlaki * BBQ Pork Ribs | Swedish Meatballs * Crab Cakes | Bangers & Mash (sausage & mashed potato) * House Salad topped with Steak | Chicken Burger * Coconut Prawns | Liver & Onions * Veal Parmesan | Sunday Roast Dinner Roast Chicken |
| Roasted Potatoes | Hash Brown Casserole | Rice | Mashed Potatoes | Tater Tots | Baked Potato | Mashed Potatoes |
| Mushrooms | Parsnips | Beets | Rutabaga | Broccoli | Mixed Vegetables | Carrots |
| Cauliflower | Zucchini | Swiss Chard | Peas | Beans | | Brussel Sprouts |
| Upside Down Cake | Banana Bread | Fruit & Yogurt Parfait | Lemon Loaf | Angel Food Cake | Apple Crumble | Banana Cream Pie |
| ALTERNATE CHOICES: A limited menu is also available consisting of: poached, scrambled eggs or 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. | |