INSPIRED SENIOR LIVING

Menu for the Week of October 17- October 23, 2022

GILMORE GARDENS

Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	NAVY BEAN & PORK	3 MUSHROOM & BARLEY	CHICKEN NOODLE	*TOMATO RICE	ASIAN POTSTICKER	PORK & PASTA	CREAM OF *BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH FRESH *BLUEBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & RASPBERRIES	SHRIMP COCKTAIL	CHERRY *TOMATOES, RED ONIONS, YELLOW PEPPER SALAD	WALDORF SALAD	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	BRAISED BEEF & VEGETABLE STEW WITH MASHED POTATOES	PORK TENDERLOIN WRAPPED IN PUFF PASTRY WITH GRAVY	ASSORTED BEEF COLD CUTS(ROASTED BEEF, HAM & PROSCIUTTO) WITH POTATO SALAD & VEGETABLES	STICKY CHINESE MEATBALLS WITH STEAMED RICE	EGGS BENEDICT	SWEET & SOUR BRAISED VEAL OSSO BUCCO	SLOW ROASTED CHINESE PORK BUTT
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	HOISING SAUCE CHICKEN BREAST	TURKEY A LA KING WITH STEAMED RICE	MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY	CHICKEN VEGETABLE STIRFRY WITH NOODLES	BUTTER CHICKEN WITH STEAMED RICE	SWEET ORANGE CHICKEN BREAST
Entrée 3	SEAFOOD RISSOTTO WITH GARLIC BREAD	SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE	ASIAN SALMON IN FOIL	POACHED SEAFOOD COMBO (SALMON, BASA & PRAWN)	POTATO CRUSTED COD FILET WITH TARTAR SAUCE	BAKED BREADED SOLE FILET WITH TARTAR SAUCE	PAN FRIED CRAB CAKES WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED YAM POTATOES	SCALLOPED POTATO	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	*BROCCOLINI	BAKED *TOMATOES	GREEN & YELLOW *BEANS	GLAZED CARROTS	CORN & TARRAGON	*BROCCOLI FLORETS	BRUSSEL SPROUTS
Vegetable	BABY CARROTS	PEAS	CAULIFLOWER	SPAGHETTI *SQUASH	BABY BOK CHOY	DICED *BEETS	YELLOW TURNIPS
FEATURED Dessert	TIRAMISU CUPS	MG ICE CREAM WITH HM COOKIES	COCONUT PANNA COTTA	ASSORTED DESSERTS	CREAM PUFFS	LEMON CREAM SHORTCAKE	COCONUT & PINEAPPLE CUSTARD

Superfoods

**** Menu item contains a Superfood.***

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS
BLACKBERRIES
BLUEBERRIES
BRAN& OAT
BROCCOLI
CAULIFLOWER
CHERRIES
CRANBERRIES
FATTY FISH
NUTS
PEACHES
SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

