INSPIRED SENIOR LIVING

Menu for the Week of October 10 - October 16, 2022

GILMORE GARDENS

*Menu items are subject to change due to availbitlty of poduct. * Please check the Daily Menu Board**

Dinner

OMELET OF THE WEEK: PAYSAN (BACON, POTAOTES & SAUTEED ONIONS)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	COCK A LEEKIE	*NAVY BEAN AND BACON	WON TON	MULLIGATAWNI	CHICKEN NOODLE	PUREED PEA	FRENCH ONION
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	WINTER GREENS & BERRY SALAD	LETTUCE, CUCUMBER, *TOMATO & BLUE CHEESE	FENNEL & FRESH PEAR & DRIED *CRANBERRY	GREEN SALAD WITH MANGO & *STRAWBERRY	WALDORF	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SMOKED SALMON WITH HARD BOILED EGG & RED ONION ON ICEBERG LETTUCE
Entrée 1	BBQ PORK ASIAN STYLE WITH STEAMED RICE	SPAGHETTI BOLOGNESE WITH GARLIC BREAD & PARMESAN CHEESE	BRAISED SWISS STEAK	BEEF & VEGETABLE STIR FRY WITH STEAMED RICE	BEEF WELLINGTON WITH APPLE GLAZE SAUCE	ROASTED RACK OF LAMB WITH GRAVY & MINT JELLY	ROASTED RIB EYE OF BEEF WITH GRAVY & YORKSHIRE PUDDING
Entrée 2	ROASTED CHICKEN LEGS WITH GRAVY	ROASTED DUCK BREAST WITH CINNAMON CHERRY SAUCE	WHOLE ROASTED CHICKEN WITH STUFFING & GRAVY	CHICKEN POT PIE WITH GRAVY	ROASTED CHICKEN WITH APPLE RELISH	ROASTED CHICKEN THIGHS WITH GRAVY	ROASTED TURKEY BREAST WITH STUFFING & GRAVY
Entrée 3	TUNA MELT SALD SANDWICH WITH COLESLAW & FRENCH FRIES	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS,TARTAR SAUCE	BAKED POTATO CRUST COD FILET WITH TARTAR SAUCE	BREADED SOLE FILET WITH TARTAR SAUCE	POACHED *SALMON FILET WITH GINGER & GREEN ONIONS	AHI TUNA SALAD WITH SESAME DRESSING	GRILLED HALIBUT FILET WITH CAPER SAUCE
Starch	MASHED POTATOES WITH CHEDDAR CHEESE	BOILED POTATOES WITH FRESH PARSLEY	POTATO PATTIES	ROASTED RED POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	*BROCCOLI FLORETS	ASPARAGUS	BRAISED RED CABBAGE	SPAGHETTI *SQUASH	BABY BOK CHOY	GREEN KALE	ASPARAGUS
Vegetable	WAX *BEANS	BUTTERED CORN	*GREEN BEANS	SUI CHOY & *SPINACH	CORN ON THE COB	YELLOW ZUCHINNI	SLICED CARROTS
FEATURED Dessert	FRENCH CHEESECAKE	CARAMEL-VANILLA SWIRL CAKE	BANANA FLAMBE	TAPIOCA PUDDING	APPLE PIE WITH ICE CREAM	FRESH KIWI TARTS	INDIVIDUAL LEMON JELLO

Superfoods

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

Choose Superfoods more often for optimal health



APPLES
AVOCADO

BLACKBERRIES
BLUEBERRIES
BRAN& OAT
BROCCOLI

CAULIFLOWER
CHERRIES

FATTY FISH
NUTS

SPINACH
STRAWBERRIES
SQUASH
TOMATO

