Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week of December 26 - Jan 1, 2023

Dinner

OMELET OF THE WEEK: GREEK STYLE (*TOMATO, ONIONS & FETA CHEESE)

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	ITALIAN MINESTRONE	CLAM CHOWDER	CAULIFLOWER & LEEK	WON TON	CHICKEN NOODLE	*NEW YEAR'S EVE DINNER*  OLDEN AUTUMN CARROT SOUP	CREAM OF ASPARAGUS
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	TOMATO, CUCUMBER ON LETTUCE	*AVOCADO & PROSCIUTTO ON ICEBERG LETTUCE	SLICED *PEACHES & BLUEBERRIES ON ICEBERG LETTUCE SALAD	MIXED GREEN WITH RED GRAPES, *RASPBERRIES & BLUE CHEESE	CABBAGE AND CARROT COLESLAW	SAUTEED GARLIC PRAWNS,AVOCADO & CHERRY TOMATOES ON FRESH SPINACH LEAVES	CRISPY BACON, HARD BOILED *EGGS ON ICEBERG LETTUCE
Entrée 1	GRILLED CHEESEBURGER WITH FF	CHINESE DAIKON, CARROT & *TOMATO BEEF STEW WITH RICE	BEEF MEATLOAF WITH GRAVY	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY	ASIAN STYLE BBQ PORK ON STEAMED RICE	ROASTED RACK OF LAMB WITH GRAVY & MINT JELLY	BAKED BEEF POT PIE WITH GRAVY
Entrée 2	MARINATED & ROASTED CHICKEN BREAST WITH GRAVY	ROASTED CHICKEN LEGS WITH GRAVY	SWEET CURRY CHICKEN WITH BASMATI RICE	BAKED MACARONI & CHEESE	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	MARINATED & ROASTED CHICKEN SUPREME WITH GRAVY	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED TARTAR BASA FILET	POACHED SALMON FILET WITH FRESH GINGER & CILANTRO	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	BAKED SMOKED SALMON QUICHE	BAKED TERIYAKI ATLANTIC SALMON FILET	POTATO CRUSTED COD FILET WITH TARTAR SAUCE
Starch	STEAMED WHITE POTAOTES WITH DILL	ROASTED YAM POTATOES	POTATOES LYONNAISE	MASHED POTATOES	POTATO PATTIES	CREAMY MASHED POTAOTES	ROASTED RED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	PEAS & MUSHROOMS	SLICED *BEETS	CORN NIBLETS	BAKED *TOMATOES	BROCCOLINI	SAUTEED MIXED VEGETABLES	YELLOW *BEANS
Vegetable	BABY CARROTS	CAULIFLOWER	ASPARAGUS	GREEN *BEANS	YELLOW ZUCCHINI	SAUTEED MIXED VEGETABLES	HONEY CARROTS
FEATURED Dessert	MINCEMEAT TARTS	CUSTARD BREAD PUDDING WITH CARAMEL SAUCE	ASSORTED PIES	WARM CHOCOLATE MOLTEN CAKE	BLUEBERRY PIE	INDIVIDUAL CHOCOLATE GIFT BOX	STRAWBERRY SHORTCAKE
Dessert #2							

Superfoods

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

Choose Superfoods more often for optimal health



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

