Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week of January 16 - January 22, 2023

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

Dinner

OMELET OF THE WEEK: HAM & CHEESE

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	POTATO LEEK	COUNTRY VEGETABLE	*LENTIL SOUP	HOT & SOUR	CHICKEN NOODLE	ITALIAN WEDDING	*HAPPY CHINESE NEW YEAR!* WON TON
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH *APPLES & MANGO ON ICEBERG LETTUCE	CAESAR SALAD	*SPINACH SALAD WITH PINEAPPLE & ROASTED COCONUT	CUCUMBER & RADISH SALAD	SHREDDED CRAB MEAT & SLICED *EGGS SALAD	ICEBERG LETTUCE WITH *WALNUTS, GRAPES, *RASPBERRIES	CHINESE NAPA CABBAGE SALAD
Entrée 1	BAKED SAUSAGE ROLLS WITH MASHED POTATOES & GRAVY	ROASTED BEEF SANDWICH WITH FRENCH FRIES	SALISBURY STEAK WITH MUSHROOM GRAVY	BRAISED PORK CHOPS	FUSILLI PASTA WITH MEATBALLS IN TOMATO SAUCE & GARLIC BREAD	BAKED MAUI SHORT RIBS WITH RICE PILAF	SWEET & SOUR PORK DRUMMIES
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	ROASTED MUSHROOM RAVIOLI WITH CREAMY PESTO SAUCE & PARMESAN CHEESE	TURKEY POT PIE WITH GRAVY	ROASTED GAME HEN WITH GRAVY	BBQ GLAZED ROASTED CHICKEN LEGS	BARBECUED DUCK LEGS WITH FRIED RICE
Entrée 3	BAKED COD FILET WITH LEMON & GARLIC	GRILLED *SALMON FILET WITH DILL SAUCE	BREADED SOLE FILET WITH TARTAR SAUCE	OVEN BAKED MAHI MAHI FILET WITH TERIYAKI GLAZE	PAN FRIED HADDOCK LOIN WITH MEDITERRANEAN FARRO SALAD	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED SALMON FILET WITH FRESH GINGER & GREEN ONION
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	POTATO PATTIES	MASHED SWEET POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED POTATOES	MASHED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CARROTS	BRUSSEL SPROUTS	YELLOW BEANS	BUTTERED CORN	*BEETS	BAKED *TOMATO	BABY BOK CHOY
Vegetable	PEAS	TURNIPS	BROCCOLI FLORETS	SUGAR SNAP PEAS	ASPARAGUS	CAULIFLOWER	SLICED CARROTS & BEAN SPROUTS
FEATURED Dessert	CHEESECAKE WITH RASPBERRY SAUCE	PINEAPPLE UPSIDE DOWN CAKE	FESTIVE SUGAR CREAM YULE LOG	TRIPLE CHOCOLATE FUDGE CAKE	RAISIN SQUARES	BLUEBERRY TARTS	BAKED EGG CUSTARD TART

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
YOGURT

