INSPIRED SENIOR LIVING

Menu for the Week of May 27 - June 2, 2024

GILMORE GARDENS

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

Dinner

OMELET OF THE WEEK: BABY SHRIMP, GREEN ONIONS

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: **SOUP**	BOUILLABAISSE (SEAFOOD) SOUP	EGG DROP SOUP WITH SPINACH	CREAMY ASPARAGUS & BACON SOUP	THAI COCONUT & RICE SOUP	BORSCHT WITH SOUR CREAM SOUP	CHICKEN NOODLE SOUP	CREAM OF CAULIFLOWER
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: **SALAD**	CREAMY POTATO SALAD	MANGO & BERRY TOSSED SALAD	SLICED PEACHES AND RASPBERRIES ON ICEBERG LETTUCE SALAD	SHREDDED CRAB MEAT & BOILED *EGGS SALAD	TOASTED PECANS, STRAWBERRIES ON ICEBERG LETTUCE	FRESH SPINACH WITH DRIED CRANBERRIES & TOASTED ALMONDS	CHERRY *TOMATOES & BOCCONCINI CHEESE SALAD
Entrée 1	BAKED VEAL CHAMPIGNON WITH GRAVY	SPAGHETTI BOLOGNESE WITH PARMENSAN CHEESE & GARLIC BREAD	BBQ ROASTED PORK TENDERLOIN	GRILLED FARMER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	BRAISED LAMB STEW WITH COUSCOUS	MEAT LOVERS COLD PLATE WITH POTATO SALAD AND FRESH VEGETABLES	ROASTED LEG OF LAMB WITH GRAVY & MINT JELLY
Entrée 2	ASIAN STYLE GRILLED CHICKEN BREAST	CHICKEN NUGGETS WITH CAESAR SALAD & PLUM SAUCE	BAKED CHICKEN THIGHS WITH GRAVY	POACHED CHICKEN BREAST	ROASTED CHICKEN LEGS WITH GRAVY	BUTTER CHICKEN WITH RICE AND NAAN BREAD	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED BASA FILET WITH FRESH GINGER, GREEN ONIONS	BAKED HADDOCK FILET WITH TARTAR SAUCE	PAN FRIED BLUE COD FILET WITH LEMON SAUCE	BAKED POTATO CRUSTED COD FILET WITH TARTAR SAUCE	FISH AND CHIPS WITH COLESLAW AND TARTAR SAUCE	POACHED SALMON FILET WITH CAPER SAUCE
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	MASHED YAM POTATOES	WHIPPED POTATOES	POTATO PATTIES	FRENCH FRIES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED CARROTS	GREEN KALE	BRAISED RED CABBAGE	SEASONED PEAS	BAKED ACORN SQUASH	BRUSSEL SPROUTS	BALSAMIC *BEETS
Vegetable	*BROCCOLINI	DICED BEETS	GREEN BEANS ALMANDINE	PARSLIED CAULIFLOWER	ASPARAGUS	GLAZED CARROTS	SUI CHOY & *SPINACH
FEATURED Dessert	BAKED APPLES (GALA APPLES WITH CARAMEL SAUCE	NANAIMO BAR	AMBROSIA DESSERT	ROCKY ROAD BROWNIE	BOSTON CREAM PIE	PECAN TARTS	CHERRIES JUBILEE WITH ICE CREAM

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

