INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week Of May 13 - May 19, 2024

Dinner

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

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	ITALIAN MINESTRO NE SOUP	HOT AND SOUR SOUP	CAULIFLOWER AND LEEK SOUP	SEAFOOD CHOWDER SOUP	COUNTRY VEGETABLE WITH RICE SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	BOCCONCINI, TOMATO, CUCUMBER ON BUTTER LETTUCE	*AVOCADO & HAM ON ICEBERG	SLICED PEACHES AND BLUEBRRIES ON ICEBERG LETTUCE SALAD	MIXED GREENS WITH RED GRAPES, RASPBERRIES, BLUE CHEESE	CABBAGE AND CARROT COLESLAW	WARM CALAMARI SALAD WITH RANCH DRESSING	CRISPY BACON, HARD BOILED EGGS ON ICEBERG LETTUCE
Entrée 1	MEAT LOVERS PIZZA WITH SALAD	SLOW ROASTED CHINESE PORK SHOULDER	BAKED BEEF MEATLOAF STUFFED WITH GRAVY	CHINESE DAIKON CARROT & TOMATO BEEF STEW WITH RICE	BBQ PORK SPARERIBS	BEEF AND VEGETABLES POT PIE WITH GRAVY	FRENCH DIP SANDWICH (BEEF DIP) AU JUS AND FRENCH FRIES
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH GRAVY	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	SWEET CURRY CHICKEN WITH BASMATI RICE	BAKED MACARONI AND CHEESE	SMOKED TURKEY BREAST COLD PLATE WITH POTATO SALAD, FRESH VEGETABLES	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	CHICKEN FINGERS WITH CAESAR SALAD PLUM SAUCE
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	COQUILLE ST. JACQUES (SCALLOPS, MUSHROOMS, WHITE WINE SAUCE)	POACHED SALMON FILET WITH DILL SAUCE	GINGER-SOY ASIAN STYLE POLLOCK FILET	BAKED SMOKED SALMON QUICHE WITH SALAD	BAKED ASIAN STYLE SALMON FILET	POTATO CRUSTED COD FILET WITH TARTAR SAUCE
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATOES LYONNAISE	MASHED POTATOES	POTATO PATTIES	BAKE 1/2 POTATO WITH SOUR CREAM	ROASTED RED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	PEAS & MUSHROOMS	DICED *BEETS	YELLOW BEANS	BAKED TOMATOES	BROCCOLI	CAULIFLOWER	SPAGHETTI SQUASH
Vegetable	BABY CARROTS	CORN NIBLETS	ASPARAGUS	GREEN BEANS	YELLOW ZUCCHINI	BRUSSEL SPROUTS	HONEY CARROTS
FEATURED Dessert	LEMON STREUSEL CAKE	CUSTARD BREAD PUDDING WITH CARAMEL SAUCE	APPLE PIE	WARM CHOCOLATE MOLTEN CAKE	WARM TAPIOCA PUDDING	BUTTER TART BAR	PUMPKIN PIE

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

