Verve INSPIRED SENIOR LIVING

Menu for the Week of June 10 - June 16, 2024

GILMORE GARDENS

Dinner

OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, MUSHROOM)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: **SOUP**	TOMATO VEGETABLE SOUP	CURRIED CHICKEN & RICE SOUP	CLAM CHOWDER SOUP	ORZO SPINACH SOUP	CABBAGE, POTATOES & SAUSAGES	CHICKEN NOODLE SOUP	***FATHERS DAY DINNER*** BUTTERNUT SQUASH SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: **SALAD**	GREEN SALAD MIX WITH FRESH BERRIES	SPINACH SALAD WITH SLICED EGGS & JULIENNE HAM	RADISH & CUCUMBER SALAD	*STRAWBERRY & ORANGE SPRING SALAD	GARLIC PRAWNS & FRESH AVOCADO SALAD	GREEN CABBAGE SALAD WITH MANGO & DRIED *CRANBERRIES	MIXED GREENS WITH HARD BOILED EGG, CUCUMBER, CHERRY TOMATOES & CRISPY BACON
Entrée 1	BAKED BEANS & WEINERS	BREADED VEAL CHAMPIGNON WITH GRAVY	SALISBURY STEAK WITH MUSHROOM, ONION,GRAVY	BRAISED LAMB CHOPS	BAKED BEEF POT PIE WITH GRAVY	BRAISED BEEF SHORT RIBS	ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING & GRAVY
Entrée 2	ROASTED HERB CHICKEN BREAST WITH SAGE-GRAVY	POACHED CHICKEN BREAST IN COCONUT BROTH/CRANBERRY SAUCE	SMOKED TURKEY SANDWICH ON CRANBERRY BREAD WITH FRENCH FRIES & RED CABBAGE SOLESLAW	TERIYAKI CHICKEN WINGS	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	SAUTEED CHICKEN & VEGETABLE CHOWMEIN	MARINADED & TOASTED CHICKEN SUPREME WITH GRAVY
Entrée 3	PAN FRIED SALMON FILET WIT RED PEPPER DILL SAUCE	TIGER PRAWNS, AVOCADO COLD PLATE WITH COLESLAW & FRESH VEGETABLES	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	SHRIMP,FETA, DILL SAUTEED ONION QUICHE	POACHED SALMON FIELT WITH TARTAR SAUCE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	GRILLED HALIBUT FIELT WITH ROASTED PEPPER & DILL SAUCE
Starch	POTATO PATTIES	MASHED GARLIC POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	BOILED YELLOW POTATOES WITH DILL	SCALLOPED POTATOES	MASHED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED CARROTS	ROASTED BUTTERNUT SQUASH	BRUSSEL SPROUTS	ASPARAGUS	GOLDEN BEETS	DICED CARROTS	SAUTEED
Vegetable	MIXED GREENS, GREEN KALE & SUI CHOY	PEAS & PEARL ONIONS	MASHED TURNIPS & CARROTS	YELLOW *BEANS	SUGAR SNAP PEAS	ZUCCHINI BATONS	MIXED VEGETABLES
FEATURED Dessert	FRUIT COMPOTE WITH BAVARIAN CREAM	BUTTER TART BAR	LEMON MERINGUE PIE	INDIVIDUAL RICE RAISIN PUDDING	VANILLA ICE CREAM WITH WARM PEACHES	CHOCOLATE BROWNIE	INDIVIDUAL APPLE CRISP

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

