Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week of June 24 - June 30, 2024

Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER SOUP	THREE MUSHROOM BARLEY SOUP	HOT AND SOUR SOUP	TOMATO RICE SOUP	GREEN CABBAGE & POTATOES SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH FRESH BLUEBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & DRIED CRANBERRIES	SHRIMP COCKTAIL	CHERRY TOMATO, RED ONION, YELLOW PEPPER SALAD	WALDORF SALAD	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	BRAISED BEEF & VEGETABLE STEW WITH MASHED POTATOES	ROASTED PORK TENDERLOIN WRAPPED IN BACON WITH GRAVY	ASSORTED BEEF COLD CUTS (RST BEEF, HAM & PROSCIUTTO) WITH POTATOES & VEGETABLES	SWEDISH MEATBALLS WITH EGG NOODLES	HOT DOG WITH DICED ONIONS, SAUERKRAUT, RELISH & FRENCH FRIES	BRAISED VEAL OSSO BUCCO	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	BAKED TANDOORI CHICKEN DRUMSTICKS	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY	BAKED CHICKEN BREAST WITH SWEET & SOUR SAUCE	CHICKEN CORDON BLEU WITH GRAVY	CREAMY CHICKEN CARBONERA PENNE PASTA, GARLIC BREAD
Entrée 3	BAKED HADDOCK FLORENTINE	ALMOND CRUSTED SOLE FILET WITH TARTAR SAUCE	SALMON BURGER WITH FRENCH FRIES	POACHED SEAFOOD COMBO (SALMON, BASA, PRAWN)	POTATO CRUSTED COD FILET WITH TARTAR SAUCE	BAKED ASIAN STYLE SALMON FILET	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED YAM POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLINI	PARSLIED CAULIFLOWER	GREEN & YELLOW *BEANS	GLAZED CARROTS	CORN & TARRRAGON	BROCCOLI FLORETS	BRUSSEL SPROUTS
Vegetable	BABY CARROTS	PEAS & DICED CARROTS	BAKED *TOMATOES	SPAGHETTI SQUASH	BABY BOK CHOY	SLICED BEETS	YELLOW TURNIPS
FEATURED Dessert	LEMON MERINGUE PIE	APPLE & MANGO COBBLER	PECAN PIE	CARROT CAKE	CHOCOLATE PUDDING	STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM	COCONUT & PINEAPPLE CUSTARD

Superfoods

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

Choose Superfoods more often for optimal health



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

