Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week Of July 15 - July 21,2024

Dinner

OMELETE OF THE WEEK - 2 CHEESE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	VEGETABLE BARLEY SOUP	CREAM OF MUSHROOM SOUP	SPLIT PEA & HAM SOUP	MISO & TOFU SOUP	BORSHT WITH SOUR CREAM SOUP	CHICKEN NOODLE SOUP	FRENCH ONION WITH CHEESE CROUTON SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SPINACH WITH RASPBERRIES AND BRIE CHEESE	FRESH STRAWBERRIES, MANDARIN ORANGES ON ICEBERG LETTUCE	BEET SALAD	WALDORF SALAD	SALAD WITH FRESH PAPAYA AND RASPBERRIES	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	OVERNIGHT ROASTED PORK BELLY WITH RICE	BAKED HAM WITH RAISIN SAUCE	HOISIN GLAZED PORK CHOPS	BAKED PEPPERONI PIZZA WITH TOSSED SALAD	BREADED VEAL CUTLETS WITH GRAVY	GRILLED HAM AND CHEESE SANDWICH WITH FRENCH FRIES COLESLAW	STICKY CHINESE PORK STIR FRY ON NOODLES
Entrée 2	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	CHINESE LEMON CHICKEN WITH RICE	ROASTED CHICKEN LEGS WITH GRAVY	SWEET AND SOUR CHICKEN WITH STEAMED RICE	ROASTED CHICKEN BREAST WITH GRAVY	CHICKEN WINGS WITH HONEY GARLIC SAUCE	MARINATED AND ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE
Entrée 3	POACHED SALMON FILET WITH FRESH MANGO SALSA	SUMMER COLD PLATE (GARLIC PRAWNS, SMOKED SALMON, COLESLAW, AVOCADO &	BAKED SOLE FILET THE MEDITTERANEAN WAY	GRILLED HALIBUT FILET WITH LEMON SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	GARLIC PRAWN SKEWER WITH LEMON WEDGE	SMOKED SALMON AND CREAM CHEESE FRITTATA WITH SALAD
Starch	POTATO PATTIES	ROASTED POTATOES	BOILED YELLOW POTATO WITH DILL	MASHED POTATOES	SCALLOPED POTATOES	POTATO LAYONNAISE	BAKED 1/2 POTATO WITH SOUR CREAM
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BABY CARROTS	STEAMED PEAS	BRUSSEL SPROUTS	CAULIFLOWER	SUGAR SNAP PEAS	BUTTERED CORN	SLICED CARROTS
Vegetable	YELLOW ZUCCHINI	SPAGHETTI SQUASH	MASHED YELLOW TURNIPS & CARROTS	SLICED BEETS	GOLDEN BEETS	BAKED *TOMATO	WHOLE GREEN BEANS
FEATURED Dessert	DEEP DUTCH BROWNIES	COCONUT PUDDING	TRIPLE BERRY CRUMBLE BAR WITH ICE CREAM	BAKED LEMON PUDDING	APPLE & RAISIN CREPES	LEMON MERINGUE PIE	BANANA FLAMBE

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

