INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week of JULY 22 - JULY 28, 2024

*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 AND FETA CHEESE

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: **SOUP**	GREEN LENTIL SOUP	EGG DROP SOUP WITH SPINACH SOUP	CHICKEN GUMBO SOUP	BUTTERNUT SQUASH SOUP	TOMATO BISQUE SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: **SALAD**	TOMATO, CUCUMBER ON ICEBERG LETTUCE	MANGO & BERRY TOSSED SALAD	LOCAL 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	CHEESEBURGER WITH FRENCH FRIES	SPAGHETTI BOLOGNESE WITH PARMENSAN CHEESE & GARLIC BREAD	ROASTED PORK TENDERLOIN WITH BLUEBERRY SAUCE	GRILLED BANGER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	BRAISED BEEF AND VEGETABLES STEW WITH RICE	TACO SALAD	BBQ PULLED PORK SANDWICH WITH GREEN SALAD
Entrée 2	ASIAN STYLE GRILLED CHICKEN BREAST	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE	BAKED CHICKEN THIGHS WITH GRAVY	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	ROASTED CHICKEN LEGS WITH GRAVY	TERIYAKI BAKED CHICKEN KABOBS WITH RICE PILAF	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	POACHED BASA FILET WITH FRESH GINGER & CILANTRO	SMOKED SALMON CREAM CHEESE SANDWICH ON CROISSANT WITH SALAD	PAN FRIED BLUE COD FILET WITH LEMON SAUCE	BAKED BREADED SOLE FILET WITH TARTAR SUACE	POACHED SALMON FILET WITH DILL SAUCE	FISH AND CHIPS WITH COLESLAW AND TARTAR SAUCE
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	MASHED YAM POTATOES	WHIPPED POTATOES	POTATO PATTIES	POTATO LYONNAISE	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	YELLOW WAXED BEANS	GREEN KALE	BRAISED RED CABBAGE	SEASONED PEAS	MIXED	BRUSSEL SPROUTS	BALSAMIC *BEETS
Vegetable	*BROCCOLINI	BUTTERED CORN	GREEN BEANS ALMANDINE	PARSLIED CAULIFLOWER	VEGETABLES	GLAZED CARROTS	SUI CHOY & *SPINACH
FEATURED Dessert	BAKED APPLES (GALA APPLES WITH CARAMEL SAUCE	NANAIMO BAR	CREAMY RICE RAISIN PUDDING	ROCKY ROAD BROWNIE	BOSTON CREAM PIE	VANILLA PUDDING	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

