Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week Of July 8 - July 14, 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	***FRENCH DINNER*** FRENCH ONION SOUP	CHICKEN NOODLE SOUP	CREAM OF ASPARAGUS
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: **SALAD**	BOCCONCINI, TOMATO, CUCUMBER ON BUTTER LETTUCE	*AVOCADO & PROSCIUTTO ON ICEBERG	SLICED PEACHES AND BLUEBRRIES ON ICEBERG LETTUCE SALAD	MIXED GREENS WITH RED GRAPES, RASPBERRIES, BLUE CHEESE	FRESH AVOCADO & SMOKED SALMON SALAD ON ICEBERG LETTUCE	WARM CALAMARI SALAD WITH RANCH DRESSING	CRISPY BACON, HARD BOILED EGGS ON ICEBERG LETTUCE
Entrée 1	HAWAIIAN PIZZA WITH SALAD	SLOW COOKED CORNED BEEF WITH BRAISED GREEB CABBAGE	BAKED BEEF MEATLOAF WITH GRAVY	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY	CHICKEN COQ AU VIN	BEEF AND VEGETABLES POT PIE WITH GRAVY	BRAISED CURRIED LAMB WITH RICE
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH GRAVY	ROASTED CHICKEN LEGS WITH BBQ GLAZE	SWEET CURRY CHICKEN WITH BASMATI RICE	BAKED MACARONI AND CHEESE	STUFFED VEAL CHAMPIGNON WITH GRAVY	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)	BAKED SOCKEYE FILET SALMON FILET WITH LEMON DILL SAUCE	POTATO CRUSTED COD WITH TARTAR SAUCE	BAKED ALMOND CRUSTED SOLE FILET WITH TARTAR SAUCE	BAKED ASIAN STYLE SALMON FILET	BAKED SEAFOOD BRIE CHEESE QUICHE
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATOES LYONNAISE	MASHED POTATOES	CREAMY MASHED POTATOES	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	RED SWISS CHARD	SLICED *BEETS	CORN NIBLETS	BAKED TOMATOES	STEAMED FRESH GREEN BEANS	SPAGHETTI SQUASH	YELLOW BEANS
Vegetable	BABY CARROTS	CAULIFLOWER	SUII CHOY & SPINACH	GREEN BEANS	BABY CARROTS	BRUSSEL SPROUTS	HONEY CARROTS
FEATURED Dessert	LEMON STREUSEL CAKE	CUSTARD BREAD PUDDING WITH CARAMEL SAUCE	BOSTON CREAM PIE	PECAN STREUSEL CAKE	CHOCOLATE ÉCLAIR	ORANGE CITRUS CAKE	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

