INSPIRED SENIOR LIVING

Menu for the Week of August 26 - September 1, 2024

GILMORE GARDENS

Dinner

OMELET OF THE WEEK: SMOKED *SALMON & DILL

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: **SOUP**	CREAMY QUINOA & VEGETABLE SOUP	CORN, BACON & POTATO CHOWDER SOUP	HEARTY TOMATO & VEGETABLE SOUP	SUMMER HAWAIIAN FEATURE DINNER COCONUT & LEMON GRASS SOUP WITH RICE	WON TON SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: **SALAD**	FRESH AVOCADO & SLICED BOILED EGGS SALAD	PAPAYA & BLUEBERRY ON ICEBERG LETTUCE	BEET SALAD WITH RED ONION, MANDARIN ORANGES	HONOLULU CASHEW - CHICKEN ROTINI SALAD	FESTIVE SALAD AVOCADO, CORN, CHERRY TOMATOES ON LETTUCE	CRISPY PANCETTA WITH CUCUMBER, RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE AND GRAPES,HONEYDEW
Entrée 1	SWEET & SOUR PORK ON STEAMED RICE	HONEY GARLIC GLAZED HAM	SLOW COOKED PULLED BEEF CHILI WITH BASMATI RICE	HAWAIIAN TERIYAKI FLANK STEAK WITH GRILLED PINEAPPLE	BREADED VEAL CUTLETS WITH GRAVY	BAKED MEAT LASAGNA WITH GARLIC BREAD	FILIPINO BEEF CALDERETA WITH RICE
Entrée 2	ROTINI CHICKEN PRIMAVERA WITH PARMESAN & GARLIC BREAD	ROASTED CHICKEN LEGS WITH BBQ GLAZE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	OAHU GRILLED CHICKEN KABOBS WITH HAWAIIAN LUAU RICE	BAKED CHICKEN BREAST WITH GRAVY	ROASTED CHICKEN THIGHS WITH GRAVY	POTATO CHEDDAR PEROGIES WITH SAUTEED ONIONS, BACON, SOUR CREAM
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES, TARTAR SAUCE	COLD - GRILLED PRAWNS CAESAR SALAD	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	GARLIC PRAWNS WITH LARGE SCALLOP & GARLIC BREAD	FISH AND CHIPS WITH COLESLAW & TARTAR SAUCE	POACHED SALMON FILET WITH HOLLANDAISE SAUCE	STEAMED CLAMS AND MUSSELS IN COCONUT CURRY BROTH
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	MASHED POTATOES WITH FRESH GREEN ONIONS	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	ACORN *SQUASH	CORN ON THE COB	GREEN BEANS	BAKED *TOMATO	MIXED
Vegetable	SLICED CARROTS	DICED BEETS	MASHED YELLOW TURNIPS & CARROTS	ROASTED BABY CARROTS	CAULIFLOWER	BRAISED GREEN CABBAGE	VEGETABLES
FEATURED Dessert	COCONUT PUDDING	NANAIMO BAR	BANANA FLAMBE	INDIVIDUAL MANGO CHEESECAKE	WHIPPED PINEAPPLE JELLO	LEMON MACAROON BARS	CHERRY 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

