Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week of September 16 - Septemeber 22, 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, ARTICHOKE, 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	BAKED VEAL CHAMPIGNON WITH GRAVY	SPAGHETTI BOLOGNESE WITH PARMENSAN CHEESE & GARLIC BREAD	BBQ GLAZED ROASTED PORK TENDERLOIN	SLOW COOKED PULLED BEEF CHILI WITH RICE	MEAT LOVERS COLD PLATE WITH POTATO SALAD & VEGETABLES	BBQ PORK SPARERIBS	ROASTED LEG OF LAMB WITH GRAVY & MINT JELLY
Entrée 2	ASIAN STYLE GRILLED CHICKEN BREAST	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE	BAKED CHICKEN THIGHS WITH GRAVY	POACHED CHICKEN BREAST WITH *CRANBERRY SAUCE	ROASTED CHICKEN LEGS WITH GRAVY	BAKED CHICKEN KABOBS WITH RICE PILAF & TZATZIKI SAUCE	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	SWEET SOY GLAZED BASA FILET	BAKED POTATO CRUSTED COD FILET WITH TARTAR SAUCE	PAN FRIED BLUE COD FILET WITH CRISPY GINGER	BAKED ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	FISH AND CHIPS WITH COLESLAW AND TARTAR SAUCE	POACHED SALMON FILET WITH CAPER SAUCE
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	MASHED YAM POTATOES	WHIPPED POTATOES	POTATO PATTIES	FRENCH FRIES	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	BAKED ACORN *SQUASH	BRUSSEL SPROUTS	BALSAMIC *BEETS
Vegetable	*BROCCOLINI	BUTTERED CORN	GREEN *BEANS ALMANDINE	PARSLIED CAULIFLOWER	ASPARAGUS	GLAZED CARROTS	SUI CHOY & *SPINACH
FEATURED Dessert	BAKED *APPLES (GALA APPLES WITH CARAMEL SAUCE	NANAIMO BAR	AMBROSIA DESSERT	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

