Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week of September 23 - September 29, 2024

*Menu items are subject to change due to availbitlty of poduct. * Please check the Daily Menu Board**

Dinner

OMELET OF THE WEEK: HAM & CHEESE

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	POTATO LEEK	COUNTRY VEGETABLE SOUP	LENTIL SOUP	CREAM OF CAULIFLOWER SOUP	ITALIAN WEDDING SOUP	CHICKEN NOODLE SOUP	CARROT & GINGER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH APPLES & MANGO ON ICEBERG LETTUCE	CAESAR SALAD	SPINACH SALAD WITH PINEAPPLE & ROASTED COCONUT	SNAP PEAS & RADISH SALAD	SHREDDED CRAB MEAT & SLICED EGGS SALAD	ICEBERG LETTUCE WITH WALNUTS, GRAPES,RASPBERRIES	POTATO SALAD
Entrée 1	PULLED BBQ BEEF SANDWICH WITH YAM FRIES	BOILED BEEF WITH CARROTS, GREEN CABBAGE & HORSERADISH	BRAISED CURRIED LAMB WITH RICE	BRAISED PORK CHOPS	BRATWURST SAUSAGES WITH SAUERKRAUT	SALISBURY STEAK WITH MUSHROOM GRAVY	FRENCH DIP SANDWICH (BEEF DIP) WITH AU JUS AND FRENCH FRIES
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	ROASTED CHICKEN DRUMSTICKLS WITH GRAVY	TURKEY POT PIE WITH GRAVY	ROASTED CHICKEN LEGS WITH BBQ GLAZE	ROASTED CHICKEN BREAST WITH GRAVY	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	BAKED GINGER SOY HADDOCK FILLETS	GRILLED SALMON FIELT WITH DILL SAUCE	BAKED SOLE FILLET WITH TARTAR SAUCE	CANTONESE STYLE OVEN BAKED COD FILET	BAKED SALMON WELLINGTON	POACHED SALMON FILET WITH LEMON SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	BAKED POTATO PATTIES	MASHED SWEET POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CARROTS	BRUSSEL SPROUTS	BROCCOLI FLORETS	BUTTERED CORN	BEETS	BAKED TOMATO	GREEN BEANS
Vegetable	PEAS	YELLOW TURNIPS	BUTTERNUT SQUASH	ZUCCHINI	ASPARAGUS	CAULIFLOWER	SPAGHETTI SQUASH
FEATURED Dessert	CHEESECAKE WITH RASPBERRY SAUCE	PEACH PIE	CHOCOLATE PUDDING	TRIPLE CHOCOLATE FUDGE CAKE	ORANGE JELLO	PUMPKIN PIE	CARROT CAKE

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

