INSPIRED SENIOR LIVING

Menu for the Week of September 30 - October 6, 2024

GILMORE GARDENS

Dinner

OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, MUSHROOM)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	ITALIAN MINESTRONE SOUP	BEEF & VEGETABLE SOUP	SEAFOOD CHOWDER SOUP	SPLIT PEA AND HAM SOUP	*LLL:APPLES PUREED CARROT-GINGER & APPLE SOUP*	CHICKEN NOODLE SOUP	*C* REAM OF ASPARAGUS SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS WITH FRESH BERRIES	*SPINACH SALAD WITH SLICED EGGS & JULIENNE HAM	RADISH & CUCUMBER SALAD	*STRAWBERRY & ORANGE SPRING SALAD	WALDORF SALAD	GREEN CABBAGE SALAD WITH MANGO & DRIED *CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUIT (HONEYDEW, CANTALOUPE,WATERMEL ON)
Entrée 1	GRILLED NEW YORK STEAK WITH RED WINE SAUCE	BAKED BEANS AND WEINERS	BAKED MEATLOAF WITH GRAVY	BRAISED LAMB CHOPS	BEEF WELLINGTON WITH APPLE GLAZE SAUCE	BRAISED BONELESS BEEF SHORT RIBS	ROASTED ROSEMARY PORK LOIN WITH GRAVY
Entrée 2	CHICKEN A LA GORDON (HAM AND CHEESE) WITH GRAVY	POTOTO CHEDDAR PEROGIES WITH SAUTEED ONIONS, BACON, SOUR CREAM	SMOKED TURKEY SANDWICH ON *CRANBERRY BREAD WITH FRENCH FRIES & RED CABBAGE SOLESLAW	TERIYAKI CHICKEN WINGS	ROASTED BREADED CHICKEN WITH APPLE RELISH	GRILLED CHICKEN BREAST ON CAESAR SALAD	GRILLED CHICKEN KABOBS WITH RICE PILAF TZATZIKI SAUCE
Entrée 3	PAN FRIED COD FILET WITH RED PEPPER DILL SAUCE	TIGER PRAWNS, *AVOCADO COLD PLATE WITH COLESLAW & FRESH VEGETABLES	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	SHRIMP, FETA, DILL SAUTEED ONION QUICHE	POACHED SALMON FILET WITH GINGER & GREEN ONIONS	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	COCONUT CURRY MUSSELS WITH FRESH BASIL & CILANTRO
Starch	STEAMED POTATOES	MASHED GARLIC POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	BAKED POTATOES	SCALLOPED POTATOES	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED CARROTS	ROASTED BUTTERNUT SQUASH	BRUSSEL SPROUTS	BRAISED RED CABBAGE	*BROCCOLI & CAULIFLOWER	CORN	WHOLE GREEN *BEANS
Vegetable	BABY BOK CHOY	PEAS & PEARL ONIONS	MASHED TURNIPS & CARROTS	YELLOW *BEANS	CORN ON THE COB	ZUCCHINI BATONS	BAKED *TOMATOES
FEATURED Dessert	CHOCOLATE BROWNIE	COCONUT PUDDING	LEMON MERINGUE PIE	INDIVIDUAL RICE PUDDING	APPLE PIE WITH ICE CREAM	*PEACH JELLO	BANANA CREAM 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
YOGURT

