INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week of October 7 - October 13, 2024

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

Dinner

OMELET OF THE WEEK: PAYSAN (BACON, POTAOTES & SAUTEED ONIONS)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	COCK A LEEKIE SOUP	TOMATO DILL AND RICE SOUP	MULLIGATAWNY SOUP	*THANKSGIVING BUFFET* HAPPY THANKSGIVING!	PUREED PEA SOUP	CHICKEN NOODLE SOUP	NAVY BEAN SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	WINTER GREENS & BERRY SALAD	BACON, LETTUCE TOMATO SALAD	FENNEL & FRESH PEAR & DRIED *CRANBERRY	ASSORTED SALADS AS PER MENU	SHREDDED CARROT WITH RAISIN SALAD	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	BAKED VEAL CHAMPIGNON WITH GRAVY	SPAGHETTI BOLOGONESE WITH GARLIC BREAD & PARMESAN CHEESE	BRAISED SWISS STEAK	HOT STATION: CARVED ROASTED TURKEY WITH STUFFING, CRANBERRY SAUCE & GRAVY	HOT DOG WITH FRENCH FRIES	BAKED MEAT LASAGNA WITH GARLIC BREAD	GRILLED CHEESEBURGER TOPPED WITH CRISPY BACON & FRENCH FRIES
Entrée 2	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	ROASTED DUCK BREAST WITH CINNAMON-CHERRY SAUCE	WHOLE ROASTED CHICKEN WITH STUFFING GRAVY	BAKED SALMON FILET WITH SCALLOPS & LOBSTER MEAT SAUCE	CHICKEN SCHNITZEL WITH LEMON WEDGE	ROASTED CHICKEN THIGHS WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY
Entrée 3	COCONUT CURRY MUSSELS WITH FRESH BASIL AND CILANTRO	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS, TARTAR SAUCE	BAKED POTATO CRUSTED COD FILET WITH TARTAR SAUCE	BRAISED PORK DRUMMIES WITH VEGETABLES IN A BBQ BRANDY SAUCE	POACHED SALMON FILET WITH DILL SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED POTATO SKINS STUFFED WITH SMOKED SALMON, SHRIMP & SAUTEED VEGETABLES, RED COLESLAW
Starch	MASHED POTATOES WITH CHEDDAR	BOILED POTATOES WITH FRESH PARSLEY	POTATO PATTIES	WHIPPED POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLI FLORETS	SEASONED PEAS & DICED CARROTS	BRAISED RED CABBAGE	SAUTEED	BABY BOK CHOY	GREEN KALE	RED BEETS
Vegetable	WAX *BEANS	BUTTERED CORN	CAULIFLOWER	FRESH MIXED VEGETABLES	SLICED CARROTS	YELLOW ZUCHINNI	GREEN *BEANS
FEATURED Dessert	BAKED EGG & DRIED *CRANBERRY CUSTARD	CARAMEL VANILLA SWIRL CAKE	DATE SQUARE	TRADITIONAL PUMPKIN PIE WITH WHIPPED CREAM/ASSORTED BUFFET CAKES	ASSORTED CAKES	MANGO MOUSSE CAKE	INDIVIDUAL LEMON JELLO

Superfoods

Menu item contains a Superfood.

Choose Superfoods more often for optimal health

APPLES
AVOCADO
BEANS & LENTILS
BLACKBERRIES
BLUEBERRIES
BRAN& OAT
BROCCOLI
CAULIFLOWER
CHERRIES
CRANBERRIES
FATTY FISH
NUTS
PEACHES
SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT