Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

*Menu for the Week of October 14 - October 20, 2024*

# Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

| Week 6 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Appetizer: SOUP | *THANKSGIVING DINNER* CLEAR CHICKEN NOODLE SOUP | TOMATO & TORTELLINI SOUP | CURRY-COCONUT & RICE SOUP | THREE MUSHROOM & BARLEY SOUP | GREEN CABBAGE & POTATO 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 *BLUEBERRIES & *BLACKBERRIES ON ICEBERG LETTUCE | ARUGULA SALAD WITH ORANGES & DRIED CRANBERRIES | SHRIMP COCKTAIL | CHERRY TOMATO, RED ONION, YELLOW PEPPER SALAD | WALDORF SALAD | ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE | RASPBERRY & GOAT CHEESE SALAD |
| **Entrée 1** | ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING & GRAVY | OVERNIGHT ROASTED PORK BELLY WITH RICE | BRAISED PORK DRUMMIES | SWEDISH MEATBALLS WITH EGG NOODLES | BRAISED CABBAGE ROLLS IN TOMATO SAUCE/SOUR CREAM | BRAISED VEAL OSSO BUCCO | ROASTED PORK BUTT WITH GRAVY |
| **Entrée 2** | ROASTED TURKEY WITH STUFFING, GRAVY, & CRANBERRY CHUTNEY | CREAMY CHICKEN CARBONARA PENNE PASTA WITH GARLIC BREAD | ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE | MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY | ROASTED CHICKEN BREAST WITH GRAVY | BUTTER CHICKEN WITH STEAMED RICE | CHICKEN QUESADILLA WITH SALAD SOUR CREAM, SALSA |
| **Entrée 3** | PAN FRIED WILD SOCKEYE SALMON WITH GARLIC -BUTTER SAUCE | SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE | SALMON BURGER WITH FRENCH FRIES | POACHED SEAFOOD COMBO (SALMON, BASA, PRAWN) | POTATO CRUSTED COD FILET WITH TARTAR SAUCE | BAKED BREADED SOLE FILET WITH TARTAR SAUCE | PAN FRIED CRAB CAKE WITH TARTAR SAUCE |
| Starch | MASHED POTATOES | STEAMED NEW POTATOES | ROASTED POTATOES | BAKED 1/2 POTATO WITH SOUR CREAM | ROASTED YAM POTATOES | SCALLOPED POTATOES | POTATO LYONNAISE |
| | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE |
| Vegetable | ROASTED HONEY CARROTS | PARSLIED CAULIFLOWER | GREEN & YELLOW *BEANS | GLAZED CARROTS | CORN & TARRRAGON | BROCCOLI FLORETS | BRUSSEL SPROUTS |
| Vegetable | BROCCOLINI | PEAS | BAKED *TOMATOES | SPAGHETTI SQUASH | BABY BOK CHOY | SLICED BEETS | YELLOW TURNIPS |
| **FEATURED Dessert** | HARVEST PUMPKIN CHEESE CAKE | BUTTER SCOTCH PUDDING | COCONUT PANNA COTTA | APLLE & MANGO COBBLER WITH ICE CREAM | LEMON MACAROON BARS | STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM | COCONUT CREAM PIE |

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

