Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week of November 18 - November 24, 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 SOUP	TORTELLINI VEGETABLE SOUP	HOT & SOUR SOUP	LENTIL SOUP	BOK CHOY 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	BAKED SAUSAGE ROLLS WITH MASHED POTATOES & GRAVY	BOILED BEEF WITH CARROTS, GREEN CABBAGE & HORSERADISH	BRAISED CURRIED LAMB WITH MANGO CHUTNEY & RICE	BRAISED PORK CHOPS	BRATWURST SAUSAGES WITH SAUERKRAUT	BRAISED MEATBALLS IN TOMATO SAUCE, EGG NOODLES	BBQ PULLED PORK SANDWICH WITH COLESLAW & 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	H.M. CHICKEN BURRITOS WITH SOUR CREAM, SALSA	ROASTED TERIYAKI GLAZED CHICKEN LEGS	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	BAKED SOLE FILET THE MEDITERRANEAN WAY	SEAFOOD VEGETABLE FRITTATA	BREADED SOLE FILET WITH TARTAR SAUCE	PRAWN FRIED NOODLES	GRILLED SALMON FILET WITH DILL SAUCE	GARLIC PRAWN SKEWERS WITH LEMON WEDGE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	SCALLOPED POTATOES	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	MIXED	BUTTERED CORN	BAKED TOMATOES	SLICED BEETS	GREEN BEANS
Vegetable	PEAS	YELLOW TURNIPS	VEGETABLES	ZUCCHINI	BROCCOLI	CAULIFLOWER	SPAGHETTI SQUASH
FEATURED Dessert	CHEESECAKE WITH RASPBERRY SAUCE	MAPLE CHOCOLATE MANIA CAKE	ORANGE CAKE	GERMAN CHOCOLATE CAKE	RAISIN SQUARES	BLUEBERRY PIE	PECAN STRUESEL 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

