Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week Of December 30 - January 5,2025

Dinner

OMELETE OF THE WEEK - 2 CHEESE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	VEGETABLE & COUSCOUS SOUP	*NEW YEAR'S EVE DINNER CREOLE CHICKEN GUMBO SOUP*	SPLIT PEA & HAM SOUP	CREAM OF MUSHROOM SOUP	*LLC: CARROTS CARROT & GINGER SOUP*	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SPINACH WITH RASPBERRIES & GOAT CHEESE	SMOKED SALMON, AVOCADO & CHERRY TOMATOES ON BUTTER LETTUCE	SLICED FRESH PAPAYA AND KIWI ON ICEBERG LETTUCE SALAD	WALDORF SALAD	SHREDDED CARROT WITH RAISIN SALAD	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	BRAISED BEEF STROGANOFF WITH EGG NOODLES	ROASTED MUSHROOM STUFFED FLANK STEAK ROLL WITH DEMI GLAZE	BREADED PORK CUTLETS WITH GRAVY	BAKED HAWAIIAN PIZZA WITH TOSSED SALAD	CARROT & POTATO BEEF STEW	MEAT LASAGNA WITH GARLIC BREAD	ROASTED LEG OF LAMB WITH GRAVY & MINT JELLY
Entrée 2	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	MARINATED & ROASTED CHICKEN SUPREME WITH GRAVY	SWEET AND SOUR CHICKEN WITH STEAMED RICE	MARINATED AND ROASTED CHICKEN LEGS WITH GRAVY	BAKED BREADED CHICKEN WITH APPLE SAUCE	CHICKEN WINGS WITH HONEY GARLIC SAUCE	MARINATED & ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE
Entrée 3	PAN FRIED SOLE FILET WITH DILL SAUCE	GARLIC PRAWN SKEWERS WITH LEMON SAUCE	SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE	PAN SEARED ROCKFISH FILET WITH LEMON SAUCE	POACHED SALMON FILET WITH LEMON SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	TIGER PRAWNS FETTUCINI WITH GARLIC BREAD
Starch	MASHED YAM POTATOES	CREAMY MASHED POTATOES	BOILED YELLOW POTATO WITH DILL	POTATO PATTIES	MASHED POTATOES	POTATO LAYONNAISE	BAKED 1/2 POTATO WITH SOUR CREAM
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BABY CARROTS	BROCCOLI FLORETS	GREEN BEANS	SUI CHOY & SPINACH	SUGAR SNAP PEAS	BUTTERED CORN	SLICED CARROTS
Vegetable	ROASTED ACORN SQUASH	CORN ON THE COB	MASHED YELLOW TURNIPS & CARROTS	DICED BEETS	SLICED CARROTS	BAKED TOMATO	WHOLE GREEN BEANS
FEATURED Dessert	DEEP DUTCH BROWNIES	BLACK FOREST CAKE	STRAWBERRY JELLO	TRIPLEBERRY CRUMBLE BAR	CARROT CAKE	LEMON MERINGUE PIE	BANANA FLAMBE

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

