Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week of December 9 - December 15, 2024

Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER SOUP	*RESIDENT CHRISTMAS DINNER LOBSTER BISQUE SOUP*	CLAM CHOWDER SOUP	TOMATO RICE 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	GREEN SALAD WITH FRESH BLUEBERRIES & BLUE CHEESE	**FRESH AVOCADO, CHERRY TOMATO & QUAIL EGG SALAD**	ARUGULA SALAD WITH ORANGES & DRIED CRANBERRIES	CHERRY TOMATO, RED ONION, YELLOW PEPPER SALAD	WALDORF SALAD	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	BRAISED BEEF STROGANOFF WITH EGG NOODLES	**CARVED TURKEY WITH STUFFING, GRAVY & CRANBERRY SAUCE**	OVERNIGHT ROASTED PORK BELLY ON STEAMED RICE	SWEDISH MEATBALLS WITH EGG NOODLES	HOT DOG WITH DICED ONIONS, SAUERKRAUT,RELISH & FRENCH FRIES	BRAISED VEAL OSSO BUCCO	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	**GRILLED NEW YORK STEAK WITH CARAMELIZED ONION IN RED WINE SAUCE**	CREAMY CHICKEN CARBONARA PENNE PASTA & GARLIC BREAD	MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY	ROASTED CHICKEN LEGS WITH GRAVY	BUTTER CHICKEN WITH STEAMED RICE	SWEET ORANGE CHICKEN BREAST
Entrée 3	COD FLORENTINE	**BAKED HALIBUT FILET WITH LEMON WEDGE**	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	POTATO PATTIES	**MASHED 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	BROCCOLINI FLORETS	**SAUTEED MIXED VEGETABLES**	GREEN & YELLOW *BEANS	GLAZED CARROTS	CORN & TARRRAGON	CAULIFLOWER	BRUSSEL SPROUTS
Vegetable	BABY CARROTS	**CARROTS,GREEN BEANS,CAULIFLOWER, RED & YELLOW PEPPER**	BAKED *TOMATOES	SPAGHETTI SQUASH	BABY BOK CHOY	SLICED BEETS	YELLOW TURNIPS
FEATURED Dessert	LEMON MERINGUE PIE	**INDIVIDUAL CHOCOLATE CARAMEL CHRISTMAS TREE**	ASSORTED DESSERTS	PECAN PIE	HOME MADE COOKIES WITH EGG NOG ICE CREAM	STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM	ASSORTED CAKES

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

