INSPIRED SENIOR LIVING

Menu for the Week of December 16 - December 22, 2024

GILMORE GARDENS

Dinner

OMELET OF THE WEEK: SMOKED *SALMON & DILL

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: **SOUP**	SCOTCH BROTH SOUP	CORN, BACON & POTATO CHOWDER SOUP	SPLIT PEA & HAM SOUP	*CHRISTMAS BUFFET TOSSED MIXED SALADS*	BEEF RICE SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	*EGGPLANT & MUSHROOM SALAD*	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: **SALAD**	SMOKED SALMON & SLICED BOILED EGGS SALAD	PAPAYA & PINEAPPLE ON ICEBERG LETTUCE	CAESAR SALAD	*BROCCOLI SALAD, POACHED TIGER PRAWNS,CASHEW CHICKEN ROTINI SALAD*	FESTIVE SALAD AVOCADO, CORN, CHERRY TOMATOES ON LETTUCE	CRISPY PANCETTA WITH CUCUMBER, RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE, GRAPES & HONEYDEW
Entrée 1	GINGER BEEF & VEGETABLE STIR FRY	OVERNIGHT ROASTED PORK BELLY	BAKED MEAT LASAGNA WITH GARLIC BREAD	*CARVED ROASTED RIB EYE BEEF WITH GRAVY*	BRAISED CABBAGE ROLLS IN TOMATO SAUCE & SOUR CREAM	BRAISED PORK DRUMMIES	THAI STYLE GROUND BEEF DISH WITH STEAMED RICE
Entrée 2	BAKED CHICKEN BREAST WITH GRAVY	LINGUINI CHICKEN AMATRICIANA & GARLIC BREAD	ROASTED BREADED CHICKEN WITH GRAVY	*ROAST TURKEY WITH GRAVY*	ROASTED CHICKEN LEGS WITH GRAVY	ROASTED CHICKEN THIGHS WITH GRAVY	SANTA FE ROASTED CHICKEN BREAST
Entrée 3	GREEK STYLE BAKED SOLE FILET	BAKED HADDOCK FILET WITH TERIYAKI GLAZE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	*BAKED SWEET SOYA GLAZED COD LOIN*	POACHED SALMON FILET WITH HOLLANDAISE SAUCE	BAKED TARTAR BASA FILET	CREAMY SEAFOOD RISOTTO
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	*MASHED POTATOES*	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	*STEAMED RICE*	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	ACORN *SQUASH	*SAUTEED MIXED*	GREEN BEANS	BAKED *TOMATO	MIXED
Vegetable	SLICED CARROTS	DICED BEETS	MASHED YELLOW TURNIPS & CARROTS	*WINTER VEGETABLES*	CAULIFLOWER	BRAISED GREEN CABBAGE	VEGETABLES
FEATURED Dessert	NANAIMO BAR	COCONUT PUDDING	DATE SQUARE	*ASSORTED CHEESECAKES & DESSERT SQUARES*	WHIPPED PEACH JELLO	LEMON MACAROON BARS	PEAR HELENE (PEARS,ICECREAM,CHOC)

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

