Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week Of February 24 - March 2,2025

Dinner

OMELETE OF THE WEEK - 2 CHEESE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	SPLIT PEA AND HAM SOUP	BOK CHOY SOUP	CREAM OF MUSHROOM	MISO TOFU SOUP	GREEN LENTIL SOUP	CHICKEN NOODLE SOUP	FRENCH ONION WITH CHEESE CROUTON
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SPINACH WITH STRAWBERRIES & BRIE CHEESE	GRAPES, MANDARIN ORANGE ON ICEBERG LETTUCE	POTATO SALAD	WALDORF SALAD	SALAD WITH FRESH PAPAYA AND KIWI	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	BRAISED BEEF STROGANOFF WITH EGG NOODLES	PHILLY CHEESE STEAK WITH COLESLAW & FRENCH FRIES	BREADED PORK CUTLETS WITH GRAVY	BAKED PEPPERONI PIZZA WITH TOSSED SALAD	BRAISED CABBAGE ROLLS IN TOMATO SAUCE WITH SOUR CREAM	BRAISED LAMB CHOPS	BRAISED VEAL OSSO BUCCO
Entrée 2	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	CHICKEN A LA KING ON STEAMED RICE	SWEET AND SOUR CHICKEN WITH STEAMED RICE	MARINATED AND ROASTED CHICKEN LEGS WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	CHICKEN WINGS WITH HONEY GARLIC SAUCE	MARINATED & ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE
Entrée 3	CANTONEST STYLE STEAMED HADDOCK FILET	GRILLED HALIBUT FILET WITH ROASTED PEPPER SAUCE	BAKED COD FILET WITH SUNDRIED TOMATOES & HERB CRUST	POACHED SALMON FILET WITH LEMON SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	GARLIC PRAWN SKEWER WITH LEMON WEDGE	POTATO SKINS STUFFED WITH SMOKED SALMON & SAUTEED VEGETABLES
Starch	MASHED YAM POTATOES	ROASTED POTATOES	BOILED YELLOW POTATO WITH DILL	MASHED POTATOES	SCALLOPED 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	STEAMED PEAS	GREEN BEANS	CAULIFLOWER	SUGAR SNAP PEAS	BUTTERED CORN	SLICED CARROTS
Vegetable	STEAMED BOK CHOY	SPAGHETTI SQUASH	MASHED TURNIPS & CARROTS	BROCCOLI FLORETS	GOLDEN BEETS	BAKED TOMATO	WHOLE GREEN BEANS
FEATURED Dessert	DEEP DUTCH BROWNIES	COCONUT PUDDING	CARROT CAKE	DATE SQUARE	BAKED LEMON PUDDING	LEMON MERINGUE PIE	VANILLA CARAMEL SWIRL 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

