Verve INSPIRED SENIOR LIVING

Menu for the Week of February 3 - February 9, 2025

GILMORE GARDENS

Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER SOUP	THREE MUSHROOM BARLEY SOUP	HOT AND SOUR SOUP	TOMATO RICE SOUP	*LLL:BEEF BEEF AND NOODLE SOUP*	CHICKEN NOODLE SOUP	MULTIGRAIN & VEGETABLE SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH FRESH BLUEBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & DRIED CRANBERRIES	SHRIMP COCKTAIL	CHERRY TOMATO, RED ONION, YELLOW PEPPER SALAD	LLL: THAI STEAK SATAY ON ASIAN SLAW	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	MONGOLIAN STYLE BEEF WITH STEAMED RICE	ROASTED PORK TENDERLOIN WITH GRAVY	SLOW COOKED LAMB STEW ON EGG NOODLES	SWEDISH MEATBALLS WITH ORZO PASTA	LLL:BRAISED BEEF AND VEGETABLE RAGU	BRAISED VEAL OSSO BUCCO	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	BAKED TANDOORI CHICKEN DRUMSTICKS	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY	GRILLED CHICKEN BREAST WITH CAESAR SALAD	BUTTER CHICKEN WITH STEAMED RICE	CREAMY CHICKEN VEGETABLE ROTINI PASTA, PARMESAN CHEESE & GARLIC BREAD
Entrée 3	BAKED COD FLORENTINE	SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE	SALMON BURGER WITH FRENCH FRIES	POACHED SEAFOOD COMBO (SALMON, BASA, PRAWN)	POACHED SALMON FILET WITH LEMON DILL SAUCE	BAKED BREADED SOLE FILET WITH TARTAR SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLINI	PARSLIED CAULIFLOWER	GREEN & YELLOW *BEANS	GLAZED CARROTS	SUGAR SNAP PEAS	BROCCOLI FLORETS	MIXED
Vegetable	BOK CHOY	PEAS	BAKED *TOMATOES	SPAGHETTI SQUASH	ROASTED BUTTERNUT SQUASH	WHOLE BABY BEETS	VEGETABLES
FEATURED Dessert	LEMON MERINGUE PIE	APPLE & MANGO COBBLER	COCONUT PANNA COTTA	TIGER BROWNIES	CHEESECAKE WITH SEASONAL FRUITE COMPOTE	STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM	BOSTON CREAM PIE

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

