Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week Of February 17 - February 23,2025

Dinner

OMELET OF THE WEEK: FRESH SPINACH AND FETA CHEESE

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: **SOUP**	ITALIAN MINESTRONE	WON TON SOUP	CAULIFLOWER & LEEK SOUP	COUSCOUS, VEGETABLE & PORK SOUP	CHICKEN NOODLE SOUP	COUNTRY VEGETABLE WITH RICE SOUP	THAI COCONUT SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: **SALAD**	KALAMATA OLIVES, TOMATO, CUCUMBER ON BUTTER LETTUCE	*AVOCADO & CRISPY BACON ON ICEBERG	SLICED PEACHES & BLUEBERRIES ON ICEBERG LETTUCE SALAD	MIXED GREENS WITH RED GRAPES, RASPBERRIES, BLUE CHEESE	GREEK SALAD	CAESAR SALAD	CRISPY BACON, HARD BOILED EGGS ON ICEBERG LETTUCE
Entrée 1	GRILLED MINI BURGER SLIDERS WITH FRENCH FRIES	SLOW COOKED CORNED BEEF WITH BRAISED GREEN CABBAGE	BAKED MEAT LASAGNA WITH GARLIC BREAD	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY	BBQ PORK SPARERIBS	BEEF & VEGETABLE POT PIE WITH GRAVY	ROASTED VEAL STRIPLOIN WITH DEMI GLAZE
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH HOISING SAUCE	ROASTED CHICKEN LEGS WITH GRAVY	SWEET CURRY CHICKEN WITH BASMATI RICE	BAKED MACARONI AND CHEESE	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	CHICKEN QUESADILLAS WITH SALAD,SOUR CREAM, SALSA & GUACOMOLE	CHICKEN FINGERS WITH CAESAR SALAD, PLUM SAUCE
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	COQUILLE ST JACQUES)SCALLOPS, MUSHROOMS,WHITE WINE SAUCE)	FRIED SEAFOOD BASKET:CALAMARI, YAM FRIES, TORPEDO PRAWNS, COCKTAIL & TARTAR SAUCE	FISH AND CHIPS WITH COLESLAW & TARTAR SAUCE	BAKED SMOKED SALMON QUICHE	BAKED ASIAN STYLE SALMON FILET	POTATO CRUSTED COD FILET WITH TARTAR SAUCE
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATO LYONNAISE	POTATO PATTIES	MASHED POTATOES	BAKE 1/2 POTATO WITH SOUR CREAM	ROASTED RED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	PEAS & MUSHROOMS	DICED *BEETS	CORN NIBLETS	BAKED TOMATOES	GREEN KALE	MIXED	YELLOW BEANS
Vegetable	BABY CARROTS	CAULIFLOWER	BRAISED RED CABBAGE	GREEN BEANS	YELLOW ZUCCHINI	VEGETABLES	HONEY CARROTS
FEATURED Dessert	INDIVIDUAL FRESH BLUEBERRY TARTS	CUSTARD BREAD PUDDING WITH CARAMEL SAUCE	PEACH PIE	ASSORTED CAKES	WARM CREAMY RICE RAISIN PUDDING	INDIVIDUAL PEACH JELLO	STRAWBERRY CREAM FRUIT PIE

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

