Verve INSPIRED SENIOR LIVING

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

GILMORE GARDENS

*Menu items are subject to change due to availbitlty of product. * Please check the Daily Menu Board**

Dinner

OMELET OF THE WEEK: BABY SHRIMP, GREEN ONIONS AND FETA CHEESE

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: **SOUP**	GREEN LENTIL SOUP	EGG DROP SOUP WITH *SPINACH	CHICKEN GUMBO SOUP	TOMATO BISQUE SOUP	*LLL: MAPLE SQUASH SOUP WITH MAPLE CHANTILLY CREAM*	CHICKEN NOODLE SOUP	CREAM OF *BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: **SALAD**	SLICED HAM & AVOCADO ON ICEBERG LETTUCE SALAD	MANGO & BERRY TOSSED SALAD	SLICED *PEACHES AND *RASPBERRIES ON ICEBERG LETTUCE SALAD	SHREDDED CRAB MEAT AND BOILED EGGS SALAD	*SALAD WITH MAPLE WALNUT VINAIGRETTE*	FRESH *SPINACH WITH DRIED *CRANBERRIES & TOASTED ALMONDS	CHERRY *TOMATOES & CRUMBLED TUNA ON ICEBERG LETTUCE SALAD
Entrée 1	ROASTED PUFF PASTRY WRAPPED PORK TENDERLOIN WITH BLUEBERRY SAUCE	SPAGHETTI BOLOGNESE WITH PARMENSAN CHEESE & GARLIC BREAD	BREADED VEAL CHAMPIGNON WITH GRAVY	ASIAN STYLE BBQ PORK ON RICE	*MARINATED AND ROASTED CHICKEN BREAST WITH GRAVY*	BRAISED CABBAGE ROLLS IN TOMATO SAUCE WITH SOUR CREAM	GRILLED FLANK STEAK WITH POMEGRANATE SAUCE
Entrée 2	ASIAN STYLE GRILLED CHICKEN BREAST	CHICKEN FINGERS, ONION RINGS & FRENCH FRIES IN A BASKET WITH CAESAR SALAD & PLUM SAUCE	ROASTED CHICKEN THIGHS WITH GRAVY	POACHED CHICKEN BREAST	*MAPLE SOYA GLAZED SALMON FILET*	BAKED CHICKEN KABOBS WITH RICE PILAF & TZATZIKI SAUCE	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED TARTAR BASA FILET	BAKED SOYA GINGER COD FILET	PAN FRIED HADDOCK FILET WITH LEMON SAUCE	*GRILLED MAPLE SAUSAGES WITH SAUERKRAUT*	BREADED SOLE FILET WITH TARTAR SAUCE	LEMON PEPPER COD LOIN WITH CHIVE CREAM SAUCE
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	MASHED YAM POTATOES	POTATO PATTIES	*MASHED POTATOES*	POTATO LYONNAISE	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	*STEAMED RICE*	STEAMED RICE	STEAMED RICE
Vegetable	YELLOW WAXED *BEANS	BABY CARROTS	BRAISED RED CABBAGE	GREEN KALE	*BROCCOLI FLORETS*	ASPARAGUS	BALSAMIC *BEETS
Vegetable	*BROCCOLINI	ROASTED ACORN SQUASH	GREEN *BEANS ALMANDINE	BAKED CAULIFLOWER WITH CHEDDAR CHEESE SAUCE	*SLICED CARROTS*	GLAZED CARROTS	SUI CHOY & *SPINACH
FEATURED Dessert	BAKED *APPLES (GALA APPLES WITH CARAMEL SAUCE	CREAMY RICE PUDDING	BUTTER TART BAR	BROWNIE	*MAPLE WALNUT ICECREAM WITH MAPLE GARNISH & MAPLE CHOCOLATE MANIA CAKE*	PUDDING	CHERRIES JUBILEE WITH ICE CREAM

Superfoods

Menu item contains a Superfood.



APPLES
AVOCADO
BEANS & LENTILS
BLACKBERRIES
BLUEBERRIES
BRAN& OAT
CAULIFLOWER
CHERRIES
CRANBERRIES
FATTY FISH
NUTS
PEACHES
SPINACH
STRAWBERRIES
SQUASH



Choose Superfoods more often for optimal health



BEETS BROCCOLI EGGS RASPBERRIES TOMATO YOGURT

