Verve INSPIRED SENIOR LIVING

Menu for the Week of March 17 - March 23, 2025

GILMORE GARDENS

Dinner

OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, MUSHROOMS,TOMATOES)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	*ST. PATRICK'S DAY DINNER* *GREEN LEEK & POTATO SOUP*	HAMBURGER SOUP	CHICKEN NOODLE SOUP	*CRUISE WEEK BEGINS: PORT OF MONACO* BOUILLABAISE SOUP	*PORT OF MOROCCO* MOROCCAN STYLE LENTIL SOUP	*PORT OF FRANCE* FRENCH ONION SOUP	*PORT OF EGYPT* BEAN & VEGETABLE SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	AVOCADO & PROSCIUTTO SALAD	*SPINACH SALAD WITH SLICED EGGS & JULIENNE HAM	RADISH & CUCUMBER SALAD	*STRAWBERRY & ORANGE SPRING SALAD	GARLIC PRAWNS & FRESH AVOCADO SALAD	MIXED GREEN SALAD WITH FRESH BERRIES & FRENCH DRESSING	ICEBERG LETTUCE WITH DICED FRUIT (HONEYDEW, CANTALOUPE,WATERMELON)
Entrée 1	BRAISED IRISH STEW WITH DUMPLINGS	BAKED BEANS AND WEINERS	BAKED MEATLOAF WITH GRAVY	GNOCCHI WITH MEAT SAUCE & PARMESAN CHEESE	BRAISED LAMB CHOPS WITH COUSCOUS	BAKED BEEF WELLINGTON/DEMI-GLAZE	BEEFED UP SHAKSHUKA
Entrée 2	CHICKEN & VEGETABLE STIR FRY WITH NOODLES	POACHED CHICKEN BREAST IN COCONUT BROTH/CRANBERRY SAUCE	SMOKED TURKEY SANDWICH ON CRANBERRY BREAD WITH FRENCH FIRES & RED CABBAGE COLESLAW	TERIYAKI CHICKEN WINGS	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	CREAMY CHICKEN THIGHS CASSEROLE	GRILLED CHICKEN KABOBS WITH RICE PILAF TZATZIKI SAUCE
Entrée 3	BAKED S.D. TOMATO CRUSTED WILD ALASKAN POLLOCK FILET	OVEN BAKED LEMON BASA FILET	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	GRILLED HALIBUT FILET WITH LEMON SAUCE	POACHED SALMON FILET WITH DILL SAUCE	ALMOND CRUSTED SOLE FIELT WITH LEMON WEDGE	PAN FRIED BLUE COD FILET WITH TARTAR SAUCE
Starch	WHIPPED POTATOES	BOILED POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	HERB MASHED POTATOES	BAKED POTATOES WITH SOUR CREAM	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	MIXED VEGETABLES	ROASTED BUTTERNUT SQUASH	MASHED TURNIPS & CARROTS	ASPARAGUS	GOLDEN BEETS	BAKED TOMATOES	GREEN BEANS
Vegetable	CORN, PEAS & DICED CARROTS	SAVOY CABBAGE	PEAS & PEARL ONIONS	YELLOW *BEANS	SUGAR SNAP PEAS	ZUCCHINI BATONS	CORN NIBLETS
FEATURED Dessert	BAILEYS IRISH CREAM CHEESECAKE	STRAWBERRY PUDDING	PUMPKIN PIE	LEMON TARTS	CITRUS CAKE WITH RASPBERRY COULIS	CREAMY CARAMEL FLAN	BAKLAVA

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