Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week Of April 21 - April 27,2025

Dinner

OMELETE OF THE WEEK - 2 CHEESE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	COCONUT LEMON GRASS SOUP	CREAM OF MUSHROOM SOUP	QUINOA, CHICKPEA & SPINACH SOUP	BUTTERNUT SQUASH SOUP	MISO TOFU 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 FRESH BLUEBERRIES & BRIE CHEESE	FRESH MIXED VEGETABLES ON ICEBERG LETTUCE SALAD	BEET SALAD	WALDORF SALAD	SALAD WITH FRESH PAPAYA AND RASPBERRIES	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	BAKED MEAT LASAGNA WITH GARLIC BREAD	BAKED HAM WITH RAISIN SAUCE	BREADED PORK CUTLETS WITH GRAVY	BAKED PEPPERONI PIZZA WITH TOSSED SALAD	BRAISED CABBAGE ROLLS IN TOMATO SAUCE WITH SOUR CREAM	TACO SALAD	SUNDAY CORNED BEEF HASH
Entrée 2	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	CHICKEN & VEGETABLE CHOWMEIN	SWEET AND SOUR CHICKEN WITH STEAMED RICE	MARINATED AND ROASTED CHICKEN LEGS WITH GRAVY	CHICKEN BREAST CASSEROLE	CHICKEN WINGS WITH HONEY GARLIC SAUCE	MARINATED AND ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE
Entrée 3	PAN FRIED SOLE FILET WITH DILL SAUCE	BROILED COD LOIN WITH HOISIN SAUCE	CALAMARI AND FRENCH FRIES BASKET WITH RANCH DRESSING	ALMOND CRUSTED SOLE FILET WITH TARTAR SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	GARLIC PRAWN SKEWER WITH LEMON WEDGE	SEAFOOD FETTUCINI, PARMESAN CHEESE, GARLIC BREAD
Starch	POTATO PATTIES	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	SUI CHOY CABBAGE & SPINACH	CAULIFLOWER	MIXED	BUTTERED CORN	SLICED CARROTS
Vegetable	STEAMED BOK CHOY	SPAGHETTI SQUASH	MASHED TURNIPS & CARROTS	BROCCOLI FLORETS	VEGETABLES	BAKED TOMATO	GREEN BEANS
FEATURED Dessert	PEACH COBBLER	COCONUT PUDDING	BUTTERTART BAR	BAKED LEMON PUDDING	DATE SQUARE	LEMON MERINGUE PIE	CHOCOLATE ÉCLAIR

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

