Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week of April 7 - April 13, 2025

Dinner

OMELET OF THE WEEK: SMOKED *SALMON & DILL

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: **SOUP**	HEARTY KIELBASA,CHICKPEA & VEGETABLE SOUP	CORN, BACON & POTATO CHOWDER SOUP	HEARTY TOMATO & VEGETABLE SOUP	BUTTERNUT SQUASH SOUP	BEEF RICE SOUP	CHICKEN NOODLE SOUP	CREAM OF ASPARAGUS SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: **SALAD**	SMOKED SALMON & SLICED BOILED EGGS SALAD	PAPAYA & PINEAPPLE ON ICEBERG LETTUCE	BEET SALAD WITH RED ONION, MANDARIN ORANGES	FRESH BERRIES ON ICEBERG LETTUCE	FESTIVE SALAD AVACADO, CORN, CHERRY TOMATOES ON LETTUCE	CRISPY PANCETTA WITH CUCUMBER, RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE, GRAPES & HONEYDEW
Entrée 1	CHINESE STYLE BEEF DAIKON STEW WITH STEAMED RICE	SOUTHWESTERN BEEF CHILI WITH CORN BREAD	SWEET AND SOUR PORK WITH STEAMED RICE	GRILLED SKINLESS BREAKFAST SAUSAGES WITH POTATO & CARAMLIZED ONION	BREADED VEAL CUTLETS WITH GRAVY	BBQ PORK ASIAN STYLE WITH STEAMED RICE	ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING, GRAVY
Entrée 2	LINGUINE CHICKEN PRIMAVERA WITH PARMESAN & GARLIC BREAD	ROASTED CHICKEN LEGS WITH BBQ GLAZE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	BAKED LEMON ROSEMARY CHICKEN BREAST	ROAST CHICKEN THIGHS WITH GRAVY	BAKED CHICKEN WITH BOCCONCINI CHEESE, CHERRY TOMATOES & FRESH BASIL
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES & TARTAR SAUCE	POACHED COD FILET WITH FRESH GINGER & GREEN ONIONS & SEAFOOD SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	POACHED SALMON FILET WITH HOLLANDAISE SAUCE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	ALMOND CRUSTED SOLE FILET WITH TARTAR SAUCE	FISH TACO WITH SLAW LETTUCE, CORN, RED ONION, AVOCADO, FISH & DICED TOMATO
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	MASHED SWEET POTATOES WITH CHIVE	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	ACORN *SQUASH	RED SWISS CHARD	GREEN BEANS	BAKED *TOMATO	MIXED
Vegetable	SLICED CARROTS	DICED BEETS	MASHED YELLOW TURNIPS & CARROTS	CORN NIBLETS	CAULIFLOWER	BRAISED GREEN CABBAGE	VEGETABLES
FEATURED Dessert	COCONUT PUDDING	NANAIMO BAR	BANANA FLAMBE	BAKED EGG CUSTARD	WHIPPED PINEAPPLE JELLO	LEMON MACAROON BARS	COCONUT CREAM 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

