Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week Of April 14 - April 20,2025

Dinner

OMELETTE OF THE WEEK: GREEK STYLE (TOMATO, ONIONS, FETA CHEESE)

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	ITALIAN MINESTRONE	WON TON SOUP	CAULIFLOWER & LEEK SOUP	*EASTER BUFFET TOSSED MIXED SALAD/ CREAMY POTATO SALAD*	PUREED PEA SOUP	COUNTRY VEGETABLE WITH RICE SOUP	*EASTER SUNDAY CHICKEN NOODLE SOUP*
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	*DAILY CONGEE*
Appetizer: SALAD	BOCCONCINI, TOMATO, CUCUMBER ON BUTTER LETTUCE	*AVOCADO & HAM ON ICEBERG	SLICED PEACHES & BLUEBERRIES ON ICEBERG LETTUCE SALAD	CRAB MEAT PASTA SALAD/POACHED PRAWNS/GREEK SALAD/ASSORTED PICKLES/PEANUT BROCCOLI THAI SALAD	CABBAGE AND CARROT COLESLAW	WARM CALAMARI SALAD WITH RANCH DRESSING	*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	BEEF MEATLOAF STUFFED WITH BOILED EGGS, GRAVY	EASTER HAM WITH APRICOT & RAISIN SAUCE	BBQ PORK SPARERIBS	BEEF & VEGETABLE POT PIE WITH GRAVY	*GRILLED NEW YORK STEAK WITH RED WINE SAUCE*
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH GRAVY	ROASTED CHICKEN LEGS WITH GRAVY	SWEET CURRY CHICKEN WITH BASMATI RICE	POACHED ATLANTIC SALMON FILET WITH LOBSTER SAUCE	ROASTED CHICKEN BREAST WITH STICKY HONEY SIRACHA SAUCE	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	*ROASTED TURKEY BREAST WITH STUFFING & GRAVY*
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	COQUILLE ST JACQUES)SCALLOPS, MUSHROOMS,WHITE WINE SAUCE)	POACHED SALMON FILET WITH DILL SAUCE	CHINESE FIVE SPICE ROASTED DUCK LEGS WITH POMEGRANTATE SAUCE	BAKED SMOKED SALMON QUICHE	BAKED ASIAN STYLE SALMON FILET	*GARLIC PRAWNS SKEWERS WITH LEMON WEDGE*
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATO LYONNAISE	CREAMY MASHED POTATOES	POTATO PATTIES	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	SAUTEED MIXED	BROCCOLINI	MIXED	*FRESH BRUSSEL SPROUTS*
Vegetable	BABY CARROTS	CAULIFLOWER	ASPARAGUS	FRESH VEGETABLES	YELLOW ZUCCHINI	VEGETABLES	*HONEY CARROTS*
FEATURED Dessert	DEEP DUTCH BROWNIES	CUSTARD BREAD PUDDING WITH CARAMEL SAUCE	DATE SQUARE	ASSORTED DESSERT CAKES & SQUARES/SLICED FRESH FRUIT MIRROR	ASSORTED CAKES	LEMON MERINGUE PIE	*STRAWBERRY SHORT CAKE*

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

