Verve INSPIRED SENIOR LIVING

Menu for the Week of May 12 - May 18, 2025

GILMORE GARDENS

Dinner

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

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	TOMATO VEGETABLE SOUP	HAMBURGER SOUP	CLAM CHOWDER SOUP	FRENCH ONION SOUP	ORZO SPINACH SOUP	CHICKEN NOODLE SOUP	CREAM OF CAULIFLOWER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS WITH FRESH BERRIES	*SPINACH SALAD WITH SLICED EGGS & JULIENNE HAM	RADISH & CUCUMBER SALAD	*STRAWBERRY & ORANGE SPRING SALAD	GARLIC PRAWNS & FRESH AVOCADO SALAD	GREEN CABBAGE SALAD WITH MANGO & DRIED CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUIT (HONEYDEW, CANTALOUPE,WATERMELON)
Entrée 1	BAKED BEANS AND WEINERS	GRILLED NEW YORK STEAK WITH RED WINE SAUCE	SALISBURY STEAK WITH MUSHROOM ONION GRAVY	BRAISED LAMB CHOPS	BAKED BEEF POT PIE WITH GRAVY	BRAISED BONELESS BEEF SHORT RIBS	ROASTED ROSEMARY PORK LOIN WITH GRAVY
Entrée 2	CHICKEN A LA GORDON (HAM & CHEESE) WITH GRAVY	POACHED CHICKEN BREAST IN COCONUT BROTH/CRANBERRY SAUCE	SMOKED TURKEY SANDWICH ON CRANBERRY BREAD WITH FRENCH FIRES & RED CABBAGE COLESLAW	GRILLED CHICKEN BREAST ON CAESAR SALAD	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	BUTTER CHICKEN WITH RICE AND NAAN BREAD	GRILLED CHICKEN KABOBS WITH RICE PILAF TZATZIKI SAUCE
Entrée 3	PAN FRIED HALIBUT FILET WITH RED PEPPER DILL SAUCE	TIGER PRAWNS, AVOCADO COLD PLATE WITH COLESLAW & FRESH VEGETABLES	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	SHRIMP, FETA, DILL, SAUTEED ONION QUICHE	POACHED SALMON FILET WITH SEAFOOD SAUCE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	CANTONESE STYLE STEAMED BASA FILET
Starch	STEAMED POTATOES	MASHED GARLIC POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	BOILED YELLOW POTATOES WITH DILL	SCALLOPED POTATOES	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED CARROTS	ROASTED BUTTERNUT SQUASH	BROCCOLI FLORETS	MIXED	GOLDEN BEETS	CORN, DICED CARROTS	GREEN BEANS
Vegetable	BABY BOK CHOY	PEAS & PEARL ONIONS	MASHED TURNIPS AND CARROTS	VEGETABLES	SUGAR SNAP PEAS	ZUCCHINI	BAKED TOMATOES
FEATURED Dessert	FRUIT COMPOTE WITH BAVARIAN CREAM	BUTTER TART BAR	LEMON MERINGUE PIE	INDIVIDUAL RICE RAISIN PUDDING	CHOCOLATE BROWNIE	CREAMY CARAMEL FLAN	BANANA 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
YOGURT

