Verve INSPIRED SENIOR LIVING

Menu for the Week of May 19 - May 25, 2025

GILMORE GARDENS

*Menu items are subject to change due to availability of poduct. * Please check the Daily Menu Board**

Dinner

OMELET OF THE WEEK: PAYSAN (BACON, POTATOES & SAUTEED ONIONS)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	COCK A LEEKIE SOUP	THAI VEGETABLE SOUP	ROASTED PUMPKIN SOUP	NAVY BEAN SOUP	PUREED PEA SOUP	CHICKEN NOODLE SOUP	CREAM OF ASPARAGUS
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS & BERRY SALAD	BACON, LETTUCE *TOMATO SALAD	FENNEL, FRESH PEAR & DRIED *CRANBERRIES	GREEN SALAD WITH MANGO & *STRAWBERRIES	FRESH *BLUEBERRIES & ORANGES ON ICEBERG LETTUCE	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	GREEK SALAD WITH FETA CHEESE
Entrée 1	OVERNIGHT ROASTED PORK BELLY	ROASTED MUSHROOM RAVIOLI IN CREAMY GARLIC & SPINACH SAUCE	BRAISED SWISS STEAK	BEEF & VEGETABLE STIR FRY WITH STEAMED RICE	BANGER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	SPAGEHETTI & BEATBALL WITH *TOMATO SAUCE & GARLIC BREAD	GRILLED CHEESEBURGER TOPPED WITH CRISPY BACON & FRENCH FRIES
Entrée 2	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	FIVE SPICE ROASTED DUCK WITH CINNAMON CHERRY SAUCE	WHOLE ROASTED CHICKEN WITH STUFFING & GRAVY	BRAISED CHICKEN THIGHS WITH CIDER & APPLE	CHICKEN SCHNITZEL WITH LEMON WEDGE	GRILLED CHICKEN BREAST WITH CASEAR SALAD	BAKED CHICKEN WITH BOCCONCINI CHEESE, CHERRY *TOMATOES & FRESH BASIL
Entrée 3	TUNA MELT SANDWICH WITH COLESLAW & FRENCH FRIES	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS, TARTAR SAUCE	SMOKED *SALMON, CREAM CHEESE SANDWICH ON CROISSANT WITH SALAD	TILAPIA COCONUT CURRY VELOUTE	POACHED *SALMON FILET WITH DILL SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	COD LOIN FLORENTINE
Starch	MASHED POTATOES WITH CHEDDAR CHEESE	BOILED POTATOES WITH FRESH PARSLEY	POTATO PATTIES	ROASTED RED POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	*BROCCOLI FLORETS	BUTTERED CORN	BRAISED RED CABBAGE	SPAGHETTI *SQUASH	BABY BOK CHOY	GREEN KALE	DICED BEETS
Vegetable	WAX *BEANS	SEASONED PEAS	ASPARAGUS	SUI CHOY & SPINACH	SLICED CARROTS	YELLOW ZUCHINNI	GREEN *BEANS
FEATURED Dessert	FRENCH CHEESECAKE	*BLUEBERRY PIE	BANANA FLAMBE	TAPIOCA PUDDING	APPLE BETTY WITH ICE CREAM	FRESH KIWI TARTS	INDIVIDUAL LEMON JELLO

Superfoods

Menu item contains a Superfood.

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS
BLACKBERRIES
BLUEBERRIES
BRAN& OAT
BROCCOLI
CAULIFLOWER
CHERRIES
CRANBERRIES
FATTY FISH
NUTS
PEACHES
SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

