INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week of May 26 - June 1, 2025

Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER SOUP	THREE MUSHROOM BARLEY SOUP	COCONUT LIME CHICKEN SOUP	NEW ENGLAND CLAM CHOWDER SOUP	GREEK TOMATO ORZO SOUP	CHICKEN NOODLE SOUP	SWEET POTATO & BACON SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH FRESH *BLUEBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & DRIED *CRANBERRIES	SHRIMP COCKTAIL	CHERRY TOMATO, RED ONION, YELLOW PEPPER SALAD	WALDORF SALAD	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	BEEF BURGUNDY PEARL ONIONS, MUSHROOMS, BACON STEW WITH MASHED POTATOES	PORK TENDERLOIN WRAPPED IN PUFF PASTRY WITH GRAVY	ASSORTED BEEF COLD CUTS (RST. BEEF, HAM & POTATO PROSCIUTTO)WITH POTATO SALAD & VEGETABLES	SWEDISH MEATBALLS WITH EGG NOODLES	MEAT LASAGNA WITH GARLIC BREAD	BRAISED PORK DRUMMIES AU JUS	GRILLED PORK CHOPS WITH ROSEMARY MAPLE BUTTER
Entrée 2	ROASTED CHICKEN BREAST WITH COCONUT CURRY SAUCE	BAKED TANDOORI CHICKEN BREAST	CREAMY DIJON ROASTED CHICKEN LEGS	MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY	PESTO CRUSTED CHICKEN BREAST TOMATO-BASIL SAUCE	BUTTER CHICKEN WITH STEAMED RICE WITH NAAN BREAD	COCONUT LIME CHICKEN DRUMSTICKS
Entrée 3	GINGER GLAZED SALMON FILET WITH PINEAPPLE SALSA	MISO GLAZED COD LOIN	SALMON BURGER WITH FRENCH FRIES	NEW ORLEANS STYLE CAJUN BASA FILET WITH RED CABBAGE SLAW	POACHED SALMON FILET WITH LEMON CHIVE SAUCE	BAKED BREADED SOLE FILET WITH LEMON WEDGE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED YAM POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN & YELLOW BEANS	PARSLIED CAULIFLOWER	CORN ON THE COB	GLAZED CARROTS	CORN & TARRAGON	BROCCOLI FLORETS	ROASTED BRUSSEL SPROUTS
Vegetable	BABY CARROTS	GREEN KALE	PEAS	SPAGHETTI SQUASH	BABY BOK CHOY	ROASTED TOMATOES	RED BEETS
FEATURED Dessert	TIRAMISU CUPS	TAPIOCA PUDDING	INDIVIDUAL BUTTERSCOTCH PUDDING	ASSORTED DESSERTS	BUTTERSCOTCH PUDDING	STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM	BOSTON CREAM PIE

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

