Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week Of June 9 - June 15,2025

Dinner

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

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday LLL STRAWBERRY	Saturday	Sunday FATHER'S DAY
Appetizer: SOUP	ITALIAN MINESTRONE	LEEK, HAM & POTATO SOUP	CAULIFLOWER & CHORIZO SOUP	SEAFOOD CHOWDER SOUP	*CARROT & GINGER SOUP*	CREAM OF ASPARAGUS SOUP	*CHICKEN VERMICELLI 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 PEARS & DRIED *CRANBERRIES ON ICEBERG LETTUCE SALAD	MIXED GREENS WITH FRESH PAPAYA SALAD	*SLICED FRESH LOCAL *STRAWBERRIES & *SPINACH SALAD*	WARM CALAMARI SALAD WITH RANCH DRESSING	*MIXED GREENS WITH HARD-BOILED EGG, CUCUMBER, CHERRY TOMATOES & CRISPY BACON*
Entrée 1	GRILLED MINI BURGER SLIDERS WITH FRENCH FRIES	BRAISED LAMB & VEGETABLE STEW WITH RICE	OVERNIGHT ROASTED PORK BELLY ON STEAMED RICE	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY	*PORK TENDERLOIN WITH *STRAWBERRY CHIMICHURRI*	BEEF & VEGETABLE POT PIE WITH GRAVY	*ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING & GRAVY*
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH HOISING SAUCE	SANTE FE CHICKEN THIGHS	SWEET CURRY CHICKEN WITH BASMATI RICE	BAKED MACARONI & CHEESE	*BAKED BREADED CHICKEN WITH GRAVY*	ROASTED CHICKEN DRUMSTICKS WITH CREAMY MUSHROOM SAUCE	*PAN FRIED HALIBUT FILET WITH ROASTED PEPPER & DILL SAUCE*
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	COQUILLE ST JACQUES (SCALLOPS, MUSHROOMS,WHITE WINE SAUCE)	POACHED SALMON FILET WITH DILL SAUCE	BASA - YOGHURT DILL SAUCE	*BLUE COD WITH *STRAWBERRY - CILANTRO SALSA*	POTATO CRUSTED COD FILET WITH TARTAR SAUCE	*GRILLED CHICKEN KABOBS WITH TERIYAKI GLAZE*
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATO LYONNAISE	MASHED POTATO	*ROASTED YAM POTATOES*	BAKE 1/2 POTATO WITH SOUR CREAM	*MASHED POTATOES*
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	*STEAMED RICE*	STEAMED RICE	*STEAMED RICE*
Vegetable	BOK CHOY	DICED *BEETS	YELLOW BEANS	BAKED TOMATOES	*MIXED VEGETABLES*	SPAGHETTI SQUASH	*BABY CARROTS*
Vegetable	SLICED CARROTS	CORN NIBLETS	BRAISED RED CABBAGE	GREEN BEANS		BROCCOLI	*ASPARAGUS*
FEATURED Dessert	CARROT CAKE	COCONUT PUDDING	PECAN STREUSEL CAKE	CARAMEL SWIRL CAKE	*FRESH *STRAWBERRY CREPES*	BREAD PUDDING WITH CARAMEL SAUCE	*BLACK FOREST 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