Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Menu for the Week of June 30 - July 6, 2025

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



Dinner



OMELET OF THE WEEK: HAM & CHEESE

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	COUNTRY VEGETABLE SOUP	*CANADA DAY* FRENCH CANADIAN SPLIT PEA SOUP	THREE MUSHROOM BARLEY	HAMBURGER	*LLL *RASPBERRIES* BORSCHT SOUP WITH SOUR CREAM	CHICKEN NOODLE SOUP	CARROT & GINGER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	CAESAR SALAD	BLUEBERRIES & PROSCIUTTO ON ICEBERG LETTUCE SALAD	SPINACH SALAD WITH PINEAPPLE & ROASTED COCONUT	SNAP PEAS & RADISH SALAD	LLL: *BLUEBERRY & *RASPBERRY SALAD WITH RASPBERRY VINAIGRETTE	ICEBERG LETTUCE WITH WALNUTS, GRAPES,*RASPBERRIES	POTATO SALAD
Entrée 1	BAKED MEATLOAF WITH GRAVY	ROASTED RACK OF LAMB WITH MINT JELLY & GRAVY	BRAISED PORK CHOPS	TACO SALAD	MAI SHORT RIBS WITH STEAMED RICE	BREADED VEAL CUTLETS WITH GRAVY	BBQ PULLED PORK SANDWICH WITH COLESLAW & FRENCH FRIES
Entrée 2	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	TURKEY BREAST WITH STUFFING & GRAVY	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	TURKEY POT PIE WITH GRAVY	LLL: ROASTED CHICKEN LEGS WITH CITRUS *RASPBERRY COULIS	GRILLED CHICKEN BREAST ON CAESAR SALAD	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	SEAFOOD RISOTTO	PAN FRIED RAINBOW TROUT WITH GARLIC LEMON BUTTER SAUCE	FISH TACO WITH CABBAGE SLAW	PRAWN & VEGETABLES FRIED NOODLES	GRILLED SALMON FILET WITH TARTAR SAUCE	FILET WITH MANGO SALSA	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE
Starch	PARSLIED BOILED POTATOES	MASHED POTATOES	MASHED SWEET POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	POTATO PATTIES	ROASTED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED BEETS	CORN ON THE COB	BROCCOLI FLORETS	BUTTERED CORN	ROASTED FRESH BRUSSEL SPROUTS	BAKED TOMATO	GREEN BEANS
Vegetable	ASPARAGUS	ROASTED BABY CARROTS	ACORN SQUASH	ZUCCHINI	BABY CARROTS	CAULIFLOWER	SPAGHETTI SQUASH
FEATURED Dessert	DATE SQUARE	HOMEMADE PECAN TART	BANANA FLAMBE	TRIPLE CHOCOLATE FUDGE CAKE	*RASPBERRY GREEK *YOGURT CHEESECAKE	LEMON TARTS	INDIVIDUAL STRAWBERRY PUDDING

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

