



INSPIRED
SENIOR LIVING




Menu for the Week of September 1 - September 7, 2025

GILMORE
GARDENS

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

Dinner

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

Week 4	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Appetizer: SOUP	TOMATO VEGETABLE SOUP	COCONUT LIME & CHICKEN SOUP	NEW ENGLAND CLAM CHOWDER SOUP	SWEET POTATO & HAM SOUP	 LLL: CORN CHICKEN CORN CHOWDER 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	CHICKPEA SALAD	*STRAWBERRY & ORANGE SPRING SALAD	SUMMER LLL: CORN, AVOCADO & CHERRY TOMATO SALAD	GREEN CABBAGE SALAD WITH MANGO & DRIED CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUITS (HONEYDEW, CANTALOUPE, WATERMELON)
Entrée 1	GRILLED PORK CHOPS WITH ROSEMARY MAPLE BUTTER	GRILLED STEAK WITH RED WINE SAUCE	BAKED MEATLOAF WITH GRAVY	TRADITIONAL LAMB SHEPHERD'S PIE WITH GRAVY	BREADED VEAL CUTLETS WITH GRAVY	HAM AND CHEESE COLD PLATE WITH POTATO SALAD & VEGETABLES	ROASTED ROSEMARY PORK LOIN WITH GRAVY
Entrée 2	CREAMY DIJON CHICKEN BREAST	POACHED CHICKEN BREAST IN COCONUT BROTH/CRANBERRY SAUCE	SMOKED TURKEY SANDWICH ON CRANBERRY BREAD WITH FRENCH FRIES & RED CABBAGE COLESLAW	TERIYAKI CHICKEN WINGS	CAJUN STYLE BLUE COD WITH CORN SALSA	ROASTED CHICKEN THIGHS WITH SWEET AND SOUR SAUCE	GRILLED CHICKEN KABOBS WITH RICE PILAF TZATZIKI SAUCE
Entrée 3	PAN FRIED RAINBOW TROUT WITH FRESH LEMON WEDGE	TIGER PRAWNS, AVOCADO COLD PLATE WITH COLESLAW & FRESH VEGETABLES	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	SHRIMP, FETA, DILL, SAUTEED ONION QUICHE	GRILLED CHICKEN BREAST ON CAESAR SALAD	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	CRAB SALAD ON CROISSANT WITH COLESLAW
Starch	STEAMED POTATOES	MASHED GARLIC POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	MASHED POTATOES	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	BRUSSEL SPROUTS	ASPARAGUS	LLL: LOCAL CORN ON THE COB	CORN	GREEN BEANS
Vegetable	BABY BOK CHOY	PEAS & PEARL ONIONS	MASHED TURNIPS & CARROTS	YELLOW BEANS	PEAS AND DICED CARROTS	ZUCCHINI BATONS	BAKED TOMATOES
FEATURED Dessert	FRUIT COMPOTE WITH BAVARIAN CREAM	CHOCOLATE PUDDING	BUTTERMILK CAKE	STRAWBERRY JELLO	LLL: HOME MADE PEACH AND BLUEBERRY CRISP WITH ICE CREAM	CARROT CAKE	BANANA CREAM PIE

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT

CAULIFLOWER
CHERRIES
CRANBERRIES

FATTY FISH
NUTS
PEACHES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

