



INSPIRED
SENIOR LIVING

Menu for the Week of September 8 - September 14, 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: PAYSAN (BACON, POTATOES & SAUTÉED ONIONS)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	QUINOA & VEGETABLE SOUP	TOMATO DILL SOUP	MULLIGATAWNY SOUP	NAVY BEAN SOUP	PUREED PEA SOUP	CHICKEN NOODLE SOUP	SPINACH & COCONUT SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREENS & BERRY SALAD	BACON, LETTUCE, CHEESE *TOMATO SALAD	FENNEL, FRESH PEAR & DRIED *CRANBERRIES	GREEN SALAD WITH MANGO & *STRAWBERRIES	SHREDDED CARROT WITH RAISIN SALAD	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	OVERNIGHT ROASTED PORK BELLY	SALISBURY STEAK WITH MUSHROOM ONION GRAVY	BRAISED SWISS STEAK	BEEF & VEGETABLE STIR FRY WITH STEAMED RICE	BANGER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	CHINESE STYLE BBQ PORK WITH STEAMED RICE	GRILLED CHEESEBURGER TOPPED WITH CRISPY BACON & FRENCH FRIES
Entrée 2	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	ROASTED DUCK BREAST WITH CINNAMON- CHERRY SAUCE	WHOLE ROASTED CHICKEN WITH STUFFING & GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	BREADED CHICKEN SCHNITZEL WITH LEMON WEDGE	ROASTED CHICKEN THIGHS WITH GRAVY	CHICKEN & VEGETABLE CHOWMEIN
Entrée 3	TUNA MELT SANDWICH WITH COLESLAW & FRENCH FRIES	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS, TARTAR SAUCE	MISO BROTH POACHED COD FILET WITH SOYA SESAME SAUCE	MEDITERRANEAN BAKED HADDOCK LOIN	POACHED *SALMON FILET WITH DILL SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	WINE & BUTTER STEAMED MUSSELS
Starch	MASHED POTATOES	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	BABY CARROTS	SEASONED PEAS	BRAISED RED CABBAGE	SPAGHETTI *SQUASH	BABY BOK CHOY	GREEN KALE	DICED BEETS
Vegetable	WAX *BEANS	BUTTERED CORN	BROCCOLIE FLORETS	SUI CHOY & SPINACH	SLICED CARROTS	YELLOW ZUCHINNI	WHOLE GREEN *BEANS
FEATURED Dessert	BAKED EGG & DRIED CRANBERRY CUSTARD	BLUEBERRY PIE WITH ICE CREAM	DATE SQUARE	TAPIOCA PUDDING	ROCKY ROAD BROWNIE	FRESH KIWI & MANGO TARTS	INDIVIDUAL LEMON JELLO



*** 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

