Verve INSPIRED SENIOR LIVING

# Menu for the Week of October 13 - October 19, 2025

GILMORE GARDENS

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

# Dinner




**OMELET OF THE WEEK: 2 CHEESE**

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Appetizer: SOUP | *HAPPY THANKSGIVING THANKSGIVING DINNER BUTTERNUT SQUASH* | SEAFOOD CHOWDER SOUP | CREAM OF MUSHROOM SOUP | COCONUT RICE SOUP | SCOTCH BROTH SOUP | CHICKEN NOODLE SOUP | FRENCH ONION WITH CHEESE CROUTONS SOUP |
| | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE |
| Appetizer: SALAD | *FRESH RASPBERRIES & BLACKBERRIES ON BUTTER LETTUCE* | GRAPES, MANDARIN ORANGE ON ICEBERG LETTUCE | BEET SALAD WITH COTTAGE CHEESE | WALDORF SALAD | SALAD WITH FRESH PAPAYA & RASPBERRIES | GREEN MIXED SALAD WITH HONEYDEW, PINEAPPLE AND CRANBERRY | TANGY PEAR AND BLUE CHEESE SALAD |
| Entrée 1 | *ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING & GRAVY* | BAKED HAM WITH RAISIN SAUCE | BREADED PORK CUTLETS WITH GRAVY | BAKED PEPPERONI PIZZA WITH TOSSED SALAD | BRAISED CABBAGE ROLLS IN TOMATO SAUCE WITH SOUR CREAM | BEEF TACO SALAD | BRAISED BEEF STROGANOFF WITH EGG NOODLES |
| Entrée 2 | *ROASTED TURKEY WITH STUFFING,GRAVY & CRANBERRY CHUTNEY* | TURKEY AL LA KING | WHITE CHICKEN CHILLI WITH STEAMED RICE | CHICKEN BREAST CACCIATORE | ROASTED CHICKEN THIGHS WITH GRAVY | CHICKEN WINGS WITH HONEY GARLIC SAUCE | MARINATED AND ROASTED CHICKEN BREAST WITH CREAMY SUN DRIED TOMATO SAUCE |
| Entrée 3 | *PAN FRIED WILD SOCKEYE SALMON WITH GARLIC BUTTER SAUCE* | SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE | TUNA MELT WITH FRENCH FRIES | GRILLED HALIBUT FILET WITH LEMON SAUCE | PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE | GARLIC PRAWN SKEWERS WITH LEMON WEDGE | LEMON PEPPER HADDOCK FILET WITH GARLIC BUTTER |
| Starch | *MASHED POTATOES* | ROASTED POTATOES | BOILED YELLOW POTATOES WITH DILL | MASHED POTATOES | SCALLOPED POTATOES | POTATO LYONNAISE | BAKED 1/2 POTATO WITH SOUR CREAM |
| | *STEAMED RICE* | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE |
| Vegetable | *BABY CARROTS* | STEAMED PEAS | GREEN BEANS | CAULIFLOWER | SUGAR SNAP PEAS | BUTTERED CORN | SLICED CARROTS GREEN BEANS |
| Vegetable | *ROASTED BRUSSEL SPROUTS* | SPAGHETTI SQUASH | MASHED TURNIPS & CARROTS | BROCCOLI FLORETS | GOLDEN BEETS | BAKED TOMATO | |
| FEATURED Dessert | *CINNAMON BUN CHEESECAKE* | CHERRY TARTS | ORANGE CITRUS CAKE | TRIPLEBERRY CRUMBLE BAR WITH ICECREAM | DATE SQUARE | COCONUT CREAM PIE | BANANA FLAMBE |

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

