Verve INSPIRED SENIOR LIVING

MENU FOR THE WEEK OF NOVEMBER 16 - NOVEMBER 22, 2026

GILMORE GARDENS

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

DINNER

OMELET OF THE WEEK: HAM & CHEESE

	16-Nov-26	17-Nov-26	18-Nov-26	19-Nov-26	20-Nov-26	21-Nov-26	22-Nov-26
Week 3	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Appetizer: SOUP	POTATO LEEK	COUNTRY VEGETABLE SOUP	LENTIL SOUP	CHORIZO & WHITE BEANS SOUP	THREE MUSHROOM & BARLEY SOUP	CHICKEN NOODLE SOUP	CARROT & GINGER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH *APPLES & MANGO ON ICEBERG LETTUCE SALAD	CAESAR SALAD	*SPINACH SALAD WITH PINEAPPLE & ROASTED COCONUT	SNAP PEAS & RADISH SALAD	SHREDDED CRAB MEAT & SLICED *EGGS SALAD	ICEBERG LETTUCE SALAD WITH WALNUTS, GRAPES, *RASPBERRIES	POTATO SALAD
Entrée 1	BAKED SAUSAGE ROLLS WITH MASHED POTATOES & GRAVY	SALISBURY STEAK WITH MUSHROOM GRAVY	MEXICAN STYLE LAMB STEW OVER RICE	BRAISED PORK CHOPS	CABBAGE ROLLS IN TOMATO SAUCE WITH SOUR CREAM	BRAISED SWEET & SOUR PORK DRUMMIES	MAUI SHORT RIBS WITH STEAMED RICE
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	TURKEY POT PIE WITH GRAVY	ROASTED CHICKEN LEGS WITH GRAVY	CHICKEN CAESAR WRAP WITH GARDEN SALAD	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	BUTTER BAKED HADDOCK FILET	GRILLED SALMON FILET WITH DILL SAUCE	FISH TACOS WITH CABBAGE SLAW	PRAWNS & VEGETABLES FRIED NOODLES	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS	POACHED SALMON FILET WITH ORANGE SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	POTATO PATTIES	MASHED SWEET POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CARROTS	ROASTED BRUSSEL SPROUTS	*BROCCOLI FLORETS	BUTTERED CORN	*BEETS	BAKED *TOMATO	WHOLE GREEN *BEANS
Vegetable	PEAS	YELLOW TURNIPS	BUTTERNUT SQUASH	ZUCCHINI	ASPARAGUS	*CAULIFLOWER	SPAGHETTI *SQUASH
FEATURED Dessert	RED VELVET CAKE WITH CREAM CHEESE ICING	MAPLE CHOCOLATE MANIA CAKE	APPLE STRUDEL WITH ICE CREAM	MANGO & CHERRY CREPES	CARAMEL CHOCOLATE SEA SALT COOKIES WITH ICE CREAM	BLUEBERRY PIE	CHOCOLATE ÉCLAIR

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

