



INSPIRED
SENIOR LIVING

Menu for the Week of March 02 - March 08, 2026

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



GILMORE
GARDENS

Dinner

OMELET OF THE WEEK: SPINACH & MOZZARELLA CHEESE

	02-Mar-26	03-Mar-26	04-Mar-26	05-Mar-26	06-Mar-26	07-Mar-26	08-Mar-26
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER SOUP	THREE MUSHROOM BARLEY SOUP	COCONUT LIME CHICKEN SOUP	TOMATO RICE SOUP	LLL: MAPLE SQUASH SOUP WITH MAPLE CHANTILLY CREAM SOUP	CHICKEN NOODLE SOUP	CREAM OF *BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH FRESH *RASPBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & *STRAWBERRIES	SHRIMP COCKTAIL	*CHERRY *TOMATO, RED ONION, YELLOW PEPPER SALAD	MIXED GREENS WITH STRAWBERRY & CANTALOUPE	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	BRAISED BEEF & VEGETABLE STEW WITH MASHED POTATOES	PORK TENDERLOIN WRAPPED IN PUFF PASTRY WITH GRAVY	REUBEN SANDWICH WITH SALAD (<i>RYE BREAD, THOUSAND ISLAND DRESSING, CORNED BEEF, SAUERKRAUT, SWISS CHEESE</i>)	SWEDISH MEATBALLS WITH EGG NOODLES	MARINATED & ROASTED CHICKEN BREAST WITH GRAVY	CHINESE STYLE BBQ PORK WITH STEAMED RICE	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	BAKED TANDOORI CHICKEN BREAST	ROASTED CHICKEN BREAST WITH CREAMY SPINACH SAUCE	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY	MAPLE SOYA GLAZED SALMON FILET	BUTTER CHICKEN WITH STEAMED RICE	CREAMY CHICKEN CARBONARA PENNE PASTA WITH GARLIC BREAD
Entrée 3	PAN FRIED COD WITH CRISPY GINGER	BUTTERY TROUT FILET WITH CAPER SAUCE	POACHED SEAFOOD COMBO (<i>SALMON, BASA, PRAWNS</i>)	SALMON BURGER WITH FRENCH FRIES	GRILLED MAPLE SAUSAGES WITH SAUERKRAUT	POTATO CRUSTED COD WITH TARTAR SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BOK CHOY	PARSLIED *CAULIFLOWER	GREEN & YELLOW *BEANS	STEAMED TURNIPS	BROCCOLI FLORETS	CORN	MIXED VEGETABLES
Vegetable	BABY CARROTS	PEAS	BAKED *TOMATOES	ROASTED BRUSSEL SPROUTS	SLICED CARROTS	SLICED *BEETS	
FEATURED Dessert	TIRAMISU CUPS	*APPLE & MANGO COBBLER	PECAN PIE	ASSORTED DESSERTS	SUGAR FREE MAPLE WALNUT ICE CREAM WITH FRESH RASPBERRIES	STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM	BOSTON CREAM PIE

* 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

