



INSPIRED SENIOR LIVING

MENU FOR THE WEEK OF APRIL 27 - MAY 03, 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

	27-Apr-26	28-Apr-26	29-Apr-26	30-Apr-26	01-May-26	02-May-26	03-May-26
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER SOUP	HAMBURGER SOUP	CURRY CHICKEN, VEGETABLE & RICE SOUP	BEEF & RICE SOUP	LLL: RHUBARB CARROT & RHUBARB 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 *STRAWBERRIES & BLUE CHEESE	CREAMY POTATO SALAD	SHRIMP COCKTAIL	*CHERRY *TOMATO, RED ONION, YELLOW PEPPER SALAD	SPRING GREENS, ROASTED WALNUTS & GOAT CHEESE SALAD WITH RHUBARB DRESSING	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	*RASPBERRY & GOAT CHEESE SALAD
Entrée 1	MONGOLIAN STYLE BEEF WITH STEAMED RICE	MUSHROOM RAVIOLI WITH CREAMY TOMATO BASIL SAUCE & PARMESAN CHEESE	*EGG BENEDICT	SWEDISH MEATBALLS WITH ORZO PASTA	BAKED BEEF WELLINGTON WITH GRAVY	HOT DOG WITH DICED ONIONS, FRENCH FRIES, SAUERKRAUT, RELISH	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	BAKED TANDOORI CHICKEN DRUMSTICKS	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	BRAISED CHICKEN THIGHS WITH RHUBARB-HONEY SAUCE	BUTTER CHICKEN WITH STEAMED RICE	BREADED CHICKEN WITH GRAVY
Entrée 3	BAKED COD LOIN FLORENTINE	SEAFOOD ST JACQUES (SCALLOPS, SHRIMP, MUSHROOMS WITH WHITE WINE SAUCE)	POACHED SEAFOOD COMBO (SALMON, BASA, PRAWNS)	SALMON BURGER WITH FRENCH FRIES	PAN FRIED SALMON FILET WITH LEMON WEDGE	BAKED BREADED SOLE FILET 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	BROCCOLINI	GREEN KALE	PEAS	GLAZED CARROTS	MIXED VEGETABLES	BROCCOLI FLORETS	BRUSSEL SPROUTS
Vegetable	BABY CARROTS	DICED BEETS	BAKED *TOMATOES	SPAGHETTI SQUASH		YELLOW *BEANS	TURNIPS
FEATURED Dessert	LEMON MERINGUE PIE	BUTTERSCOTCH PUDDING	PECAN PIE	TIGER BROWNIES	RHUBARB & *STRAWBERRY PIE	STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM	INDIVIDUAL CHERRY JELLO

* 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

