



INSPIRED SENIOR LIVING





# Menu for the Week of October 27 - November 2, 2025

GILMORE GARDENS

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

## Dinner

### OMELET OF THE WEEK: HAM AND CHEESE

| Week 4           | Monday   | Tuesday   | Wednesday                                      | Thursday                              | FRIDAY   | Saturday  | Sunday  |
|------------------|--|---|--|---------------------------------------|--|---|---|
| Appetizer: SOUP  | POTATO LEEK SOUP                                     | LEMONY KALE & QUINOA SOUP                               | CREAMY CORN CHOWDER SOUP                       | TURKEY SOUP WITH EGG NOODLES          |  <b>HAPPY HALLOWEEN DEMON PUMPKIN SOUP</b>                            | CHICKEN NOODLE SOUP                               | CREAM OF BROCCOLI SOUP                          |
|                  | DAILY CONGEE   | DAILY CONGEE  | DAILY CONGEE                                   | DAILY CONGEE                          | DAILY CONGEE   | DAILY CONGEE                                      | DAILY CONGEE                                    |
| Appetizer: SALAD | FRESH APPLES & MANGO ON ICEBERG LETTUCE              | CAESAR SALAD  | SPINACH SALAD WITH PINEAPPLE & ROASTED COCONUT | SNAP PEAS & RADISH SALAD              |  <b>BOILED SPIDER EGGS WITH CRISPY MUMMY BACON ON ICEBERG LETTUCE</b> | ICEBERG LETTUCE WITH WALNUTS, GRAPES, RASPBERRIES | POTATO SALAD                                    |
| Entrée 1         | BAKED SAUSAGE ROLLS WITH MASHED POTATOES & GRAVY     | TACO PASTA (PENNE)                                      | BEEF RAVIOLI WITH ROSE WINE SAUCE              | BRAISED PORK CHOPS                    | <b>BRAISED EYEBALL MEATBALLS ON MASHED POTATOES</b>  | BRATWURST SAUSAGES WITH SAUERKRAUT                | PORK AND VEGETABLES CHOWMEIN                    |
| Entrée 2         | LEMON GARLIC BAKED BONELESS, SKINLESS CHICKEN THIGHS | COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE | ROASTED CHICKEN DRUMSTICKS WITH GRAVY          | SPAGHETTI CARBONERA WITH GARLIC BREAD | <b>GRILLED WITCHES BREW CHICKEN SKEWERS WITH ZOMBIE TZATZIKI SAUCE</b>   | ROASTED TERIYAKI GLAZED CHICKEN BREAST            | MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY |
| Entrée 3         | SEAFOOD FETTUCCINE WITH GARLIC BREAD                 | BAKED SWEET DIJON BASA FILET                            | MOROCCAN BAKED BASA FILET                      | CAJUN BAKED COD LOIN                  | <b>BAKED SCARECROW SALMON FILET WITH LEMON RED PEPPER SUACE</b>  | BAKED SALMON WELLINGTON                           | PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE        |
| Starch           | MASHED POTATOES                                      | PARSLIED BOILED POTATOES                                | POTATO PATTIES                                 | MASHED SWEET POTATOES                 | <b>MASHED POTATOES WITH FRESH DILL</b>   | ROASTED POTATOES                                  | POTATO LYONNAISE                                |
|                  | STEAMED RICE   | STEAMED RICE  | STEAMED RICE                                   | STEAMED RICE                          | STEAMED RICE   | STEAMED RICE                                      | STEAMED RICE                                    |
| Vegetable        | CARROTS  | DICED BEETS   | MIXED  | BUTTERED CORN                         | <b>BLACK CAT BROCCOLI FLORETS</b>  | BAKED TOMATO                                      | GREEN BEANS                                     |
| Vegetable        | PEAS   | ROASTED FRESH BRUSSEL SPROUTS                           | VEGETABLES                                     | ZUCCHINI                              | <b>GOBLIN BABY CARROTS</b>   | CAULIFLOWER                                       | SPAGHETTI SQUASH                                |
| FEATURED Dessert | ASSORTED CAKES                                       | DATE SQUARE   | PINEAPPLE UPSIDE DOWN CAKE                     | MANGO AND CHERRY CREPES               | <b>FRANKENSTEIN PUMPKIN PIE WITH WHIPPED CREAM</b>   | INDIVIDUAL PINEAPPLE JELLO                        | PECAN STREUSEL CAKE                             |

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



APPLES  
AVOCADO  
BEANS & LENTILS

BLACKBERRIES  
BLUEBERRIES  
BRAN & OAT

CAULIFLOWER  
CHERRIES  
CRANBERRIES

FATTY FISH  
NUTS  
PEACHES

SPINACH  
STRAWBERRIES  
SQUASH  
TOMATO  
YOGURT

