

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Soup</b>	Turkey Vege OR Black Eye Peas	Turkey Vege OR Cream Cheese Potato	Turkey Vege OR Egg Drop	Turkey Vege OR W/Cheese Cream of Broccoli	Turkey Vege OR Basil Summer Squash	Turkey Vege OR Cheesy Mayan Maize	Turkey Vege OR Chef's Choice
<b>Salad</b>	Tomato & Mint Salad OR Tossed Salad	Apple Spinach Salad OR Tossed Salad	Peach & Tomato Salad OR Tossed Salad	Chickpea Salad OR Tossed Salad	Raspberry, Walnut OR Tossed Salad	Strawberry, Mango OR Tossed Salad	Spinach Salad OR Tossed Salad
<b>Seasonal</b>	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup
<b>Main Entrée</b>	Parmesan Crusted Sage Marinated Pork Chops	Bourbon chicken	Turkey Culet with Balsamic Brown Sugar	Blackened Salmon	Orange Chicken W/Stirfryveg	Corned Beef Brisket & Cabbage	Calf Liver Bacon Onions Gravy
<b>Vegetarian Entrée</b>	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf
<b>Heart Healthy Entrée</b>	Fish Or Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken
<b>½ Sandwich</b>	Cashew Chicken Salad	Salmon Burger	BLT Club	Steak & Onion Panini W/ Provolone Cheese	Chicken Fajita Wrap with Peppers & Cheese Onion Spicy Ranch	Turkey Melt on English Muffin	Cow Boy Burger BBQ Bacon Pepper Jack
<b>Vegetable: Choice of</b>	French Green Beans OR Broccoli	Bean Sprouts OR Grilled Zucchini	Baby Carrots OR Lima Beans	Roasted Tomatoes OR Fried Okra	Mushroom Medley OR Asparagus	Carrots OR Roasted Vegetables	Roasted Corn OR Red Beets
<b>Potato: Choice of</b>	Mashed Potatoes OR Angel Hair with Marinara	Potato Pancakes OR Jasmine Rice	Buttermilk Mash OR Sweet Potato Casserole	Black Bans OR Mashed Potatoes	Twice Baked Potato OR Linguini	Mac & Cheese OR Scalloped Potatoes	Sweet Potato OR Garlic Mashed
<b>Dessert</b>	<b>Weekly Dessert Choices:</b> Chocolate Bundt Cake OR Strawberry Cream Pie OR Fruit Topped Cheesecake OR Cherry Pie OR Chocolate Éclair OR Ice Cream						<b>Assorted Desserts</b>
<b>Low Sugar/Sugar Free Desserts</b>	<b>Weekly Low Sugar Choices:</b> Sugar Free Apple Cinnamon Treat OR Sugar Free Jell-O OR Sugar Free Chocolate or Vanilla Pudding OR No Sugar Added Ice Cream						<b>Assorted Sugar Free Desserts</b>
<b>Choice Of Beverage</b>	<b>Your Choice Of:</b> Juice; Orange, Cranberry, Prune, Pineapple, Apple, V-8, Tomato. <b>Soda;</b> Cola & Diet, Lemon Lime, <b>Milk;</b> Reg, Skim, 2% & Chocolate. Coffee, De-Caf Coffee, Hot Tea, Ice Tea & Water. <b>All available Daily with every Meal.</b>						
<b>Snack:</b>	Available in Living rooms on all floors and in the Bistro and Clifton: Assorted snacks to include, Cookies, Health Bars, Applesauce and Water						
<b>Requests:</b>	<i>All entrees can be served without sauce or with sauce on the side. Please remember that special requests are always welcomed.</i>						

*As always, we encourage your feedback regarding our menus. Substitutions may be necessary at times.*

# The Gardens

# Dinner Menu

Week One June 17<sup>th</sup> through June 23<sup>rd</sup> 2018

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Soup</b>	Turkey Vege OR Black Eye Peas	Turkey Vege OR Cream Cheese Potato	Turkey Vege OR Egg Drop	Turkey Vege OR Cheese Cream of Broccoli	Turkey Vege OR Vegetables	Turkey Vege OR Butternut Squash	Turkey Vege OR Chef's Choice
<b>Salad</b>	Tomato & Mint Salad OR Tossed Salad	Apple Spinach Salad OR Tossed Salad	Peach & Tomato Salad OR Tossed Salad	Chickpea Salad OR Tossed Salad	Raspberry, Walnut OR Tossed Salad	Strawberry, Mango OR Tossed Salad	Spinach Salad OR Tossed Salad
<b>Seasonal</b>	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup
<b>Main Entrée</b>	Lam Greek Meatballs W/BBQ Mint	Grilled Jumbo Shrimp With Cilantro Cream on Skewers	Cilantro Lime Skirt Steak	Honey Ginger Ale Baked Glazed Ham	Salmon Poached W/Dill Cream Sauce	Quiche Lorraine w/ Ham, Bacon & Onion	Chef's Choice
<b>Vegetarian Entrée</b>	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf	Scallops Mush Onion Gravy Char's Meatballs Chicken Stir Fry Cashew Loaf
<b>Heart Healthy Entrée</b>	Fish Or Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken
<b>½ Sandwich</b>	Cashew Chicken Salad	Salmon Burger	BLT Club	Chicken & Onion Panini W/ Provolone Cheese	Chicken Fajita Wrap Peppers & Cheese Onion Spicy Ranch	Turkey Melt on English Muffin	Cow Boy Burger BBQ Bacon Pepper Jack
<b>Vegetable Choice of</b>	Brussels Sprouts OR Yellow Squash w/ Onion, Tomato	Roasted Tomatoes OR Sautéed Spinach	Steamed Cauliflower OR Green Beans	Collard Greens OR Sweet and Sour Cabbage	Red Beet OR Grilled Zucchini	Ratatouille OR Broccoli	Wax Beans OR Peas and Carrots
<b>Potato Choice of</b>	Couscous OR Angel Hair	French Fries OR Orzo w/ Parmesan	Baked Beans OR Cajun Rice	White Beans OR Brown Rice	Wild Rice OR Baked Sweet Potatoes	Fingerling Potatoes OR Polemta	Home Fries OR Quinoa
<b>Dessert</b>	<b>Weekly Dessert Choices:</b> Chocolate Bundt Cake OR Strawberry Cream Pie OR Fruit Topped Cheesecake OR Cherry Pie OR Chocolate Éclair OR Ice Cream						<b>Assorted Desserts</b>
<b>Low Sugar/Sugar Free Desserts</b>	<b>Weekly Low Sugar Choices:</b> Sugar Free Apple Cinnamon Treat OR Sugar Free Jell-O OR Sugar Free Chocolate or Vanilla Pudding OR No Sugar Added Ice Cream						<b>Assorted Sugar Free Desserts</b>
<b>Choice of Beverages</b>	<b>Your Choice Of:</b> Juice; Orange, Cranberry, Prune, Pineapple, Apple, V-8, Tomato. <b>Soda;</b> Cola & Diet, Lemon Lime, <b>Milk;</b> Reg, Skim, 2% & Chocolate. Coffee, De-Caf Coffee, Hot Tea, Ice Tea & Water. <b>All available Daily with every Meal.</b>						
<b>Snack:</b>	Available in Living rooms on all floors and in the Bistro and Clifton: Assorted snacks to include, Cookies, Health Bars, Applesauce and Water						
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