

# The Gardens

# Lunch Menu

*Week One: January 14<sup>th</sup> through January 20<sup>th</sup> 2018*

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Soup</b>	Zuppa Tascono <b>OR</b> Egg Drop Soup	Zuppa Tascono <b>OR</b> Vege Tortellini	Zuppa Tascono <b>OR</b> Wild Rice	Zuppa Tascono <b>OR</b> Cream of Asparagus	Zuppa Tascono <b>OR</b> Corn Chowder/ chip	Zuppa Tascono <b>OR</b> Potato Leek	Zuppa Tascono <b>OR</b> Chef's Choice
<b>Salad</b>	Roasted Cauliflower Salad <b>OR</b> Tossed Salad	Southwest Salad <b>OR</b> Tossed Salad	Caesar Salad <b>OR</b> Tossed Salad	Shrimp Salad <b>OR</b> Tossed Salad	Tortellini and Vegetable Salad <b>OR</b> Tossed Salad	Chopped Salad <b>OR</b> Tossed Salad	Greek Salad <b>OR</b> Tossed Salad
<b>Seasonal</b>	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup
<b>Main Entrée</b>	Cabbage Rolls With Ground Pork	Stuffed Flounder	Teriyaki Pork	Swedish Meatballs	Turkey Tetrazzini	Steak Diana	Chicken Quesadilla with Pico De Gallo
<b>Vegetarian Entrée</b>	Vege & Tofu Cabbage Rolls	Eggplant Parmesan	Pecan Patties	Vege Swedish Meatballs	Sautéed Vege Scallops	Vege Beef Diana	Vege Chicken Pico De Gallo
<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>	BLT	Fried Chicken	Open Face Prime Rib	Pita Reuben	Monte Cristo	Club Sandwich with Chipotle Mayonnaise	Chili Cheese Hot Dog
<b>Vegetable: Choice of</b>	Green Beans <b>OR</b> Sauerkraut	Mashed Carrots <b>OR</b> Kale with Lemon butter	Grilled Zucchini <b>OR</b> Baked Apples	Curry Eggplant <b>OR</b> Turnip Greens	Grilled Asparagus <b>OR</b> Buttered Peas	Beets <b>OR</b> Green Beans	Fried Okra <b>OR</b> Corn
<b>Potato: Choice of</b>	Mashed Potatoes <b>OR</b> Succotash	Scalloped Potatoes <b>OR</b> Orzo with Saffron	Basmati Rice <b>OR</b> Baked Sweet Potato	French Fries <b>OR</b> Curly Pasta	Red Potatoes <b>OR</b> Garlic Bread with Cheese	Au gratin Potatoes <b>OR</b> Polenta	Black Beans <b>OR</b> Cilantro Rice
<b>Dessert</b>	<b>Weekly Dessert Choices:</b> Chocolate Raspberry Cheesecake <b>OR</b> Lemon Meringue Pie <b>OR</b> Caramel Pecan Brownie <b>OR</b> Coconut Layer Cake <b>OR</b> Angel Food Cake with Berries <b>OR</b> Ice Cream						<b>Assorted Desserts</b>
<b>Low Sugar/ Sugar Free Desserts</b>	<b>Weekly Low Sugar Choices:</b> Sugar Free White Cake with Chocolate Icing <b>OR</b> Sugar Free Jell-O <b>OR</b> Sugar Free Chocolate or Vanilla Pudding <b>OR</b> 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: January 14<sup>th</sup> through January 20<sup>th</sup> 2018*

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Soup</b>	Zuppa Tascono <b>OR</b> Wonton	Zuppa Tascono <b>OR</b> Vege Tortellini	Zuppa Tascono <b>OR</b> Wild Rice	Zuppa Tascono <b>OR</b> Cream of Asparagus	Zuppa Tascono <b>OR</b> Corn Chowder/ Chip	Zuppa Tascono <b>OR</b> Potato Leek	Zuppa Tascono <b>OR</b> Chef's Choice
<b>Salad</b>	Roasted Cauliflower Salad <b>OR</b> Tossed Salad	Southwest Salad <b>OR</b> Tossed Salad	Caesar Salad <b>OR</b> Tossed Salad	Shrimp Salad <b>OR</b> Tossed Salad	Tortellini and Vegetable Salad <b>OR</b> Tossed Salad	Chopped Salad <b>OR</b> Tossed Salad	Greek Salad <b>OR</b> Tossed Salad
<b>Seasonal</b>	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup
<b>Main Entrée</b>	Sweet & Sour Chicken	Braised Beef Brisket	Chicken Pot Pie	Mahi Mahi with Mango Salsa	Bacon Wrapped Tenderloin	Shrimp Jambalaya	Chef's Choice
<b>Vegetarian Entrée</b>	Sweet & Sour Vege Chicken	Beef & Bean Casserole	Vege Chicken Pot Pie	Lentil Curry	Vege Chicken and Spinach Roulade	Vege Sausage Jambalaya	Pecan Patties
<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>	BLT	Fried Chicken	Meatball Sub	Reuben	Monte Cristo	Club Sandwich with Chipotle Mayonnaise	Chili Cheese Hot Dog
<b>Vegetable Choice of</b>	Snow Peas <b>OR</b> Grilled Zucchini	Grilled Teriyaki Squash <b>OR</b> Sautéed Pumpkin	Broccoli <b>OR</b> Green Beans	Steamed Cauliflower <b>OR</b> Brussel Sprouts	Mashed Carrots <b>OR</b> Sautéed Mushrooms	Grilled Sweet Peppers <b>OR</b> Cauliflower	Grilled Green Tomatoes <b>OR</b> Peas and Carrots
<b>Potato Choice of</b>	Angle Hair Pasta <b>OR</b> Vegetable Fried Rice	Garlic Mashed Potatoes <b>OR</b> Orzo	Succotash <b>OR</b> Campanili	Acorn Squash <b>OR</b> Wild Rice	Corn on Cob <b>OR</b> Mashed Potatoes	Yellow Rice <b>OR</b> Black Eyed Peas	Mac & Cheese <b>OR</b> Sweet Potato Fries
<b>Dessert</b>	<b>Weekly Dessert Choices:</b> Chocolate Raspberry Cheesecake <b>OR</b> Lemon Meringue Pie <b>OR</b> Caramel Pecan Brownie <b>OR</b> Coconut Layer Cake <b>OR</b> Angel Food Cake with Berries <b>OR</b> Ice Cream						<b>Assorted Desserts</b>
<b>Low Sugar/Sugar Free Desserts</b>	<b>Weekly Low Sugar Choices:</b> Sugar Free White Cake with Chocolate Icing <b>OR</b> Sugar Free Jell-O <b>OR</b> Sugar Free Chocolate or Vanilla Pudding <b>OR</b> 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						
<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>						

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