

The Gardens

Lunch Menu

Week Two: January 21st through January 27th 2018

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Lemon Chicken Orzo OR Broccoli Cheddar	Lemon Chicken Orzo OR Rosemary White Bean & Potato	Lemon Chicken Orzo OR Tomato & Red Pepper	Lemon Chicken Orzo OR Baked Potato Soup	Lemon Chicken Orzo OR Gazpacho	Lemon Chicken Orzo OR Cauliflower Bisque	Lemon Chicken Orzo OR Chef's Choice
Salad	Lettuce Wedge w/Bleu Cheese OR Tossed Salad	Tomato & Basil Bruschetta OR Tossed Salad	Spinach and Chicken Salad OR Tossed Salad	Mixed Greens w/ Deviled Eggs OR Tossed Salad	Spinach and Orzo Salad OR Tossed Salad	Curry Chicken Salad OR Tossed Salad	Goat Cheese and Pasta Salad OR Tossed Salad
Seasonal	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
Main Entrée	Grilled Salmon with Hollandaise	Beef Stroganoff	Roasted Turkey	Cornish Hens	Pork Medallions	Grilled Teriyaki Steak	Hungarian Chicken
Vegetarian Entrée	Eggplant Cannelloni	Vege Beef Stroganoff	Vege Chicken & Squash Gratin	General Tso's Vege Chicken	Vege Meatballs w/ Mushroom Gravy	Special K Roast	Hungarian Vege Chicken Patty
Heart Healthy Entrée	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken
½ Sandwich	Chicken Caesar Wrap	Roast Pork with Garlic Mayo	Beef Hoagie	Hot Brown (Turkey, Bacon, Swiss)	Chicken, Portabella and Avocado Sub	BLT with Cheese	Hot Pastrami
Vegetable: Choice of	Broccoli OR Brussels Sprouts	Snow Peas OR Steamed Carrots	Green Bean Casserole OR Roasted Corn	Steamed Broccoli OR Grilled Pineapple	Asparagus OR Orange Glazed Carrots	Mixed Vegetables OR French Green Beans	Grilled Cauliflower OR Zucchini
Potato: Choice of	Mashed Potatoes OR Angel Hair Pasta	Egg Noodles OR Orzo	Stuffing OR Potatoes Wedges	Basmati Rice OR Sautéed Green Onion & Gnocchi	Linguini w/ Alfredo OR Loaded Baked Potato	Corn Casserole OR Sweet Potato	Rosemary Potatoes OR Ramen Noodles
Dessert	Weekly Dessert Choices: Banana Cake OR Coconut Custard Pie OR Chocolate Layer Cake OR Lemon Raspberry Cheesecake OR Blondies OR Ice Cream						Assorted Desserts
Low Sugar/ Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Apple Cinnamon Treat OR Sugar Free Jell-O OR Sugar Free Chocolate or Vanilla Pudding OR No Sugar Added Ice Cream						Assorted Sugar Free Desserts
Choice Of Beverage	Your Choice Of: Juice; Orange, Cranberry, Prune, Pineapple, Apple, V-8, Tomato. Soda; Cola & Diet, Lemon Lime, Milk; Reg, Skim, 2% & Chocolate. Coffee, De-Caf Coffee, Hot Tea, Ice Tea & Water. All available Daily with every Meal.						
Snack:	Available in Living rooms on all floors and in the Bistro and Clifton: Assorted snacks to include, Cookies, Health Bars, Applesauce and Water						
Requests:	<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.

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Dinner Menu

Week Two: January 21st through January 27th 2018

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Lemon Chicken Orzo OR Broccoli Cheddar	Lemon Chicken Orzo OR Rosemary White Bean & Potato	Lemon Chicken Orzo OR Tomato & Red Pepper	Lemon Chicken Orzo OR Baked Potato Soup	Lemon Chicken Orzo OR Gazpacho	Lemon Chicken Orzo OR Cauliflower Bisque	Lemon Chicken Orzo OR Chef's Choice
Salad	Lettuce Wedge w/Bleu Cheese OR Tossed Salad	Tomato & Basil Bruschetta OR Tossed Salad	Spinach and Chicken Salad OR Tossed Salad	Mixed Greens w/Deviled Eggs OR Tossed Salad	Spinach and Orzo Salad OR Tossed Salad	Curry Chicken Salad OR Tossed Salad	Goat Cheese and Pasta Salad OR Tossed Salad
Seasonal	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
Main Entrée	Bone-in Pork Steak	Chicken Parmesan	Beef and Broccoli Stir Fry	Sautéed Jumbo Shrimp	Salisbury Steak with Gravy	Tilapia with Tarragon Sauce	Chef's Choice
Vegetarian Entrée	NY Roast	Vege Fried Chicken Strips	Broccoli Stir Fry Tofu	Vege Cheeseburger	Cashew Nut Loaf	Eggplant Casserole	Cheese Manicotti
Heart Healthy Entrée	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken
½ Sandwich	Chicken Caesar Wrap	Roast Pork with Garlic Mayo	Beef Hoagie	Hot Brown (Turkey, Bacon, Swiss)	Chicken, Portabella and Avocado Sub	BLT Grilled Cheese	Hot Pastrami
Vegetable: Choice of	Maple Carrots OR Sautéed Pumpkin	Asparagus OR Golden Beets	Baby Carrots OR Grilled Onions & Mushrooms	Sweet & Sour Slaw OR Brussels Sprouts	Ratatouille OR Corn	Collard Greens OR Stir Fry Veggies	Creamed Peas OR Lemon Buttered Broccoli
Potato: Choice of	Baked Beans OR Roasted Potatoes	Angel Hair Pasta OR Garlic Bread	Fried Rice OR Cajun Red Beans	Linguini OR Polenta	Mashed Potatoes OR Jasmine Rice	Risotto OR Roasted Golden Potatoes	French Fries OR Candied Yams
Dessert	Weekly Dessert Choices: Banana Cake OR Coconut Custard Pie OR Chocolate Layer Cake OR Lemon Raspberry Cheesecake OR Blondies OR Ice Cream						Assorted Desserts
Low Sugar/ Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Apple Cinnamon Treat OR Sugar Free Jell-O OR Sugar Free Chocolate or Vanilla Pudding OR No Sugar Added Ice Cream						Assorted Sugar Free Desserts
Choice Of Beverage	Your Choice Of: Juice; Orange, Cranberry, Prune, Pineapple, Apple, V-8, Tomato. Soda; Cola & Diet, Lemon Lime, Milk; Reg, Skim, 2% & Chocolate. Coffee, De-Caf Coffee, Hot Tea, Ice Tea & Water. All available Daily with every Meal.						
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