

The Gardens

Lunch Menu

Week Two: June 24th through June 30th 2018

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Smoked Sausage & Bean OR Spring Vegetable	Smoked Sausage & Bean OR Butternut Squash	Smoked Sausage & Bean OR Tomato & spinach Tortellini	Smoked Sausage & Bean OR Wild Cream Mushroom	Smoked Sausage & Bean OR Garden Vegetable	Smoked Sausage & Bean OR Curry Lentil	Smoked Sausage & Bean OR Chef's Choice
Salad	Corn Salad OR Tossed Salad	Citrus Fruit Salad OR Tossed Salad	Parmesan, Arugula, Avocado Salad OR Tossed Salad	Summer Vegetable Salad OR Tossed Salad	Italian Pasta Salad OR Tossed Salad	Walnut Salad OR Tossed Salad	Spinach and Strawberry 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	Rosemary Lamb Chops with Rosemary sauce	Bacon Wrapped Chicken & Spinach	Shrimp Scampi	Beef Lasagna	BBQ Chicken Pizza with Vegetable	Pan Seared Salmon	Mandarin Beef Stir-fry
Vegetarian Entrée	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties
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	Grilled Italian Cut and Mozzarella	Hot Roast Beef Sub With Provolone	Sautéed Spinach, Cheese, Pesto Chicken with Fried Onion	Grilled Ham and Cheese	Shrimp Salad on Croissant	Roast Beef with Smoked Gouda	Cuban Sandwich Ham,Pork,Swiss Cheese
Vegetable: Choice of	Baked Apples OR Green Peas	Grilled Zucchini OR Harvard Beets	Italian Green Beans OR Broccoli	Grilled Asparagus OR Golden Beets	Broccoli OR Grilled Squash	Steamed Asparagus OR Brussels Sprouts	Sautéed Spinach OR Cauliflower
Potato: Choice of	Wild Rice OR Onion Rings	Mashed Potatoes OR Cheesy Polenta	French Fries OR Angel Hair Pasta	Garlic Bread OR Baked Potato	Red Potatoes OR Corn	Wild Rice OR Loaded Baked Potato	Herbed Linguini OR Jasmine Rice
Dessert	Weekly Dessert Choices: Apple Pie OR Dusted Chocolate Cake OR Key Lime Pie OR Lemon Sponge Cake OR Pineapple Upside Down Cake OR Ice Cream						Assorted Desserts
Low Sugar/ Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Cheesecake 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>						

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Soup	Smoked Sausage & Bean OR Spring Vegetable	Smoked Sausage & Bean OR Butternut Squash	Smoked Sausage & Bean OR Tomato & spinach Tortellini	Smoked Sausage & Bean OR Wild Cream Mushroom	Smoked Sausage & Bean OR Garden Vegetable	Smoked Sausage & Bean OR Curry Lentil	Smoked Sausage & Bean OR Chef's Choice
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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	Pan Fried Tilapia with Sundried Tomato Cream Sauce	Slice Roas Tips Tenderloin with Mushrooms/Onions	Grilled BBQ Baby Back Ribs	Turkey Meatballs with Marinara	Country Fried Steak with Country Gravy	Home-made Chicken Pot Pie	Chef's Choice
Vegetarian Entrée	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties	Portabello , Tofu w/ Provolone sandwich Vege Reuben New York Roast Pecan Patties
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	Grilled Italian Cut and Mozzarella	Hot Roast Beef Sub With Provolone	Sautéed Spinach, Cheese, Pesto Chicken with Fried Onion	Grilled Ham and Cheese	Shrimp Salad on Croissant	Roast Beef with Smoked Gouda	Cuban Sandwiche Ham,Pork,Swiss Cheese
Vegetable: Choice of	Kale with Lemon OR Carrot Mash	Green Beans OR Sautéed Okra	Corn on the Cob OR Summer Slaw	Wax Beans OR Brussels Sprouts	Peppers OR Baby Carrots	Collard Greens OR Mixed Vegetables	Bok Choy OR Grilled Mushrooms
Potato: Choice of	Rice Pilaf OR Scalloped Potatoes	Creamy Risotto OR Potato Pancakes	Corn Bread OR Baked Cheesy Grits	Linguini OR Baked Potato	Buttermilk Mashed Potatoes OR Yellow Rice	Country Biscuit OR French Fries	Au Gratin Potatoes OR Couscous
Dessert	Weekly Dessert Choices: Apple Pie OR Dusted Chocolate Cake OR Key Lime Pie OR Lemon Sponge Cake OR Pineapple Upside Down Cake OR Ice Cream						Assorted Desserts
Low Sugar/ Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Cheesecake 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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