

# The Gardens

# Lunch Menu

Week Three: June 3<sup>rd</sup> through June 9<sup>th</sup> 2018

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Soup</b>	Beef Barley OR Cream of Mushroom	Beef Barley OR Cream of Mushroom	Beef Barley OR Cuban Black Bean	Beef Barley OR Chilled Avocado	Beef Barley OR Cream of Asparagus	Beef Barley OR Thai Vegetable With Cabbage	Beef Barley OR Chef's Choice
<b>Salad</b>	Cranberry Cashew OR Tossed salad	Oriental Vegetable Salad OR Tossed Salad	Mango Tropical Salad OR Tossed Salad	Broccoli and Cheese Salad OR Tossed Salad	Avocado & Roasted Pepper Salad OR Tossed Salad	Corn and Arugula Salad OR Tossed Salad	Blueberry & Walnut 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>	Cajun Shrimp with Lemon Butter	Sweet and Sour Pork Stir Fried with Vegetables	Beef Taco Salad	Roasted Lemon Chicken Gorgonzola	Prime Rib With Horseradish	Parmesan Crusted Tilapia	Seared Citrus Chicken
<b>Vegetarian Entrée</b>	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili
<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>	Grilled Ham and Cheese	French Onion Chicken	Philly Cheese Steak	Bacon Wrapped Dogs	Fried Haddock Po' Boy	Caesar Chicken Wrapped	Turkey Bravo Sub
<b>Vegetable: Choice of</b>	Broccoli OR Grilled Squash	Sweet & Sour Cabbage OR Fried Okra	Guacamole OR Roasted Corn	Roasted Tomatoes OR Golden Beets	Green Beans OR Mushroom Medley	Sautéed Kale OR Glazed Carrots	Baked Apples OR Spinach
<b>Potato: Choice of</b>	Quinoa OR potato pancakes	Egg Noodles OR Jasmin Rice	Orzo OR Black Beans	Baked Potato OR Rice	Angel Hair Pasta OR Au Gratin Potatoes	Rice Pilaf OR Macaroni and Cheese	Sweet Potatoes OR Herbed Couscous
<b>Dessert</b>	<b>Weekly Dessert Choices:</b> Chocolate Mousse Cake OR Golden Fudge Cake OR Peach Cream Pie OR Lemon Layer Cake OR Pecan Pie OR Ice Cream						<b>Assorted Desserts</b>
<b>Low Sugar/ Sugar Free Desserts</b>	<b>Weekly Low Sugar Choices:</b> Sugar Free Cherry 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 Three: June 3<sup>rd</sup> through June 9<sup>th</sup> 2018

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Soup</b>	Beef Barley OR Tomato Basil Bisque	Beef Barley OR Cream of Mushroom	Beef Barley OR Cuban Black Bean	Beef Barley OR Chilled Avocado	Beef Barley OR Cream of Asparagus	Beef Barley OR Thai Vegetable With Cabbage	Beef Barley OR Chef's Choice
<b>Salad</b>	Cranberry Cashew Salad OR Tossed Salad	Oriental Vegetable Salad OR Tossed Salad	Mango Tropical Salad OR Tossed Salad	Broccoli and Cheese Salad OR Tossed Salad	Avocado & Roasted Pepper Salad OR Tossed Salad	Corn and Arugula Salad OR Tossed Salad	Blueberry & Walnut 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>	All Beef Meatloaf Gravy	Chicken Piccata	Seafood Portofino Marinara Pasta	Peats & Carrot Ham Baked Ziti Pasta	Pulled Pork Carnita Quesadilla	Home-made Beef Pot Pie	Chef's Choice
<b>Vegetarian Entrée</b>	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili	Eggplant Parmesan Special K Roost Mushroom Nut Loaf Vegetarian Chili
<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>	Grilled Ham and Cheese	Shrimp Wrap	Philly Cheese Steak	Bacon Wrapped Dogs	Fried Haddock Po' Boy	Caesar Chicken Wrapped	Turkey Bravo Sub
<b>Vegetable: Choice of</b>	Asparagus OR Peas and Carrots	Red Beets OR Steam Cauliflower	Green Beans OR Brussels Sprouts	Broccoli OR Roasted Carrots	Zucchini OR Roasted Peppers	Lima Beans OR Mixed Vegetables	Red Beets OR Sautéed Spinach
<b>Potato: Choice of</b>	Mashed Potatoes OR Orzo	Baked Acorn Squash OR Mashed Potatoes	Angel Hair pasta OR Roasted Red Potatoes	Lentil OR Jasmine Rice	Yellow Rice OR Sweet Potato Fries	Home Fries OR Cajun Rice & Beans	Wild Rice OR Mashed Potatoes
<b>Dessert</b>	<b>Weekly Dessert Choices:</b> Chocolate Mousse Cake OR Golden Fudge Cake OR Peach Cream Pie OR Lemon Layer Cake OR Pecan Pie OR Ice Cream						<b>Assorted Desserts</b>
<b>Low Sugar/ Sugar Free Desserts</b>	<b>Weekly Low Sugar Choices:</b> Sugar Free Cherry 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>						

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