

The Gardens

Lunch Menu

Week Four: January 7th through January 13th 2018

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Chicken & Dumplings OR Sweet Pea & Avocado Soup	Chicken & Dumplings OR Ginger Ramen Noodle	Chicken & Dumplings OR Italian Vege	Chicken & Dumplings OR Red Lentil	Chicken Dumplings OR Roasted Veggie	Chicken Dumplings OR Mushroom Barley	Chicken Dumplings OR Chef's Choice
Salad	Pear with Walnuts Salad OR Tossed Salad	Red Pepper Hummus & Crackers OR Tossed Salad	Golden Beet Salad OR Tossed Salad	Cucumber Greek Salad OR Tossed Salad	Potato Salad OR Tossed Salad	Tuna Salad w/ Pita OR Tossed Salad	Caesar 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	Italian Meatballs with Sauce	Salmon Croquettes	Smothered Pork Chop	Chicken Cordon Blue	Stir Fry Pork with Ginger	Admirals platter (Butterfly shrimp, Baked Cod, Scallops)	Mongolian Beef
Vegetarian Entrée	Special K Roast	Vege Chicken and Rice Cakes	Smothered New York Roast	Vegetarian Swedish Meatballs	Eggplant Casserole	Cashew Nut Loaf	Mongolian Vege Beef
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	Fried Chicken on a Biscuit	Steak Bomb on Ciabatta	Portabella & Provolone Panini	Roasted Eggplant on Pesto Roll	Grilled Tuna Steak on Ciabatta	Open Face Pit Beef with Gravy	Chicken Parmesan Sub
Vegetable: Choice of	Grilled Cauliflower OR Brussel Sprouts	Chopped Spinach OR Grilled Yellow & Red Peppers	Apple Sauce OR Curry Eggplant	Butternut Squash OR Brussel Sprouts	Broccoli OR Carrots	Asparagus OR Grilled Red Peppers	Peas and Carrots OR Broccoli
Potato: Choice of	Spaghetti OR Garlic Bread	Scalloped Potatoes OR Orzo w/ Saffron	Hash Browns OR Baked Beans	Orzo OR Parsley Potatoes	Roasted Potatoes OR Romain Noodles	Basmati Rice OR Buttermilk Biscuit	Mash Potatoes OR Buttered Gnocchi
Dessert	Weekly Dessert Choices: Boston Cream Pie OR Carrot Cake OR Tres Leches Cake OR Banana Bread Pudding OR Iced Chocolate Brownie OR Ice Cream						Assorted Desserts
Low Sugar/ Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Chocolate Cake 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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Main Entrée	Chicken Normandy	Beef Short Rib	Parmesan Crusted Tilapia	Tuna Casserole	Garlic Shrimp	Honey Mustard Roasted Chicken	Chef's Choice
Vegetarian Entrée	Vege Chicken Normandy	NY Patty	Tofu Walnut Loaf	Vege Chicken A La King	Vegetable Ragout Over Cheese Polenta	Honey Mustard Vege Chicken	Cheesy Zucchini Casserole
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	Fried Chicken on a Biscuit	Steak Bomb on Ciabatta	Portabella & Provolone Panini	Roasted Eggplant on Pesto Roll	Grilled Tuna Steak on Ciabatta	Open Face Pit Beef with Gravy	Chicken Parmesan Sub
Vegetable: Choice of	Mushroom Stir Fry OR Grilled Eggplant & Shallots	Green Beans OR Roasted Carrots	Sautéed Veggies OR Celery Apple Slaw	Lemon Buttered Broccoli OR Sautéed Pumpkin	Grilled Zucchini OR Roasted Tomatoes	Stir Fry Eggplant OR Tomatoes and Peppers	Cauliflower OR Sautéed Zucchini
Potato: Choice of	Roasted Potatoes OR Cous Cous	Linguini w/ Marinara OR Creamed Peas & Potatoes	Long Grain Rice OR Home Fries	Spaghetti Squash OR Roasted Fingerling Potatoes	Angel Hair Pasta OR Cilantro Rice	Mashed Potatoes OR Baked Beans	Baked Potatoes OR Rice
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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.