The Gardens Lunch Menu Week Three:

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Soup	Split Pea with Ham OR Tortilla Soup	Split Pea with Ham OR Potato Cheddar Soup	Split Pea with Ham OR Cabbage Soup	Split Pea with Ham OR Cream of Broccoli Soup	Split Pea with Ham OR Ginger Carrot Soup	Split Pea with Ham OR Cream of Asparagus	Split Pea with Ham OR Acorn Squash Soup			
Salad	Tossed Salad OR Mixed Fruit Cup	Shrimp Avocado Salad (shrimp, avocado & onions) OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Butternut Squash Salad OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Roasted Sweet Potato Salad (black beans, corn, red pepper, cilantro w/ honey Dijon dressing) OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup			
Special of the Day	Baked Tilapia with Zesty Basil Butter Cream Sauce OR Chicken Wrap w/ Provolone & Chipotle Sauce	Chicken Tenders with Honey Mustard OR Philly cheesesteak Sub (Steak trimmed & sliced, onions & provolone cheese)	Shrimp Scampi with Gnocchi (shrimp tossed in a lemon garlic butter sauce with potato Gnocchi) OR Turkey Burger (ground turkey burger, lettuce, tomato, onions, pickles & provolone cheese)	Salisbury Steak w/ Mushroom Wine Sauce OR Fish Sandwich with Creamy Slaw & tartar Sauce	Greek Chicken Pizza with Feta cheese OR Cowboy Burger (Fried Onions, Bacon & Pepper Jack Cheese)	Honey Glazed Salmon OR Turkey Rueben (deli turkey, on rye bread with sauerkraut & thousand island & Swiss cheese)	Stuffed Green Peppers with Beef, Rice & Cheese OR Grilled Ham and Cheese			
Vegetarian Entrée Specials	Vege Chicken Marsala Vegetarian Chilli	Vege Chicken Marsala Vegetarian Chilli	Vege Chicken Marsala Vegetarian Chilli	Vege Chicken Marsala Vegetarian Chilli	Vege Chicken Marsala Vegetarian Chilli	Vege Chicken Marsala Vegetarian Chilli	Vege Chicken Marsala Vegetarian Chilli			
Heart Healthy Entrée	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken			
Grill of the Day	BLT	Hot Dog	BLT	Cheeseburger w/ Fries (Available with Bacon)	BLT	Pepperoni Pizza	BLT			
Vegetable: Choice of	Mashed Carrots OR Brussel Sprouts	Coleslaw OR Sauteed Green Beans	Okra OR Sautéed Mushroom	Grilled Asparagus OR Roasted Peppers	Sauteed Eggplant OR Cauliflower	Grilled Zucchini OR Roasted Carrots with Pearl Onions	Sautéed Spinach OR Mixed Vegetables			
Starch: Choice of	Brown Rice OR Baked Potato	French Fries OR Baked Beans	Sweet Potato Fries OR Jasmine Rice	Au Gratin Potatoes OR Quinoa	Fried Plantain OR Macaroni and Cheese	French Fries OR Wild Rice	Breaded Zucchini OR Spaghetti Squash			
Dessert	Weekly Dessert Choices: Apple Crumb Cake OR Cookies OR Ice Cream Assorted Desserts									
Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Peach Pie OR Sugar Free Chocolate OR Vanilla Pudding OR No Sugar Added Ice Cream									
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:	All entrees can be served without sauce or with sauce on the side. Please remember that special requests are always welcomed.									

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Salad	Tossed Salad OR Mixed Fruit Cup	Shrimp Avocado Salad (shrimp, avocado & onions) OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Butternut Squash Salad OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Roasted Sweet Potato Salad (black beans, corn, red pepper, cilantro w/ honey Dijon dressing) OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup				
Special of the Day	Grilled Sirloin Steak OR Chicken Wrap w/ Provolone & Chipotle Sauce	Ham with Pineapple Glazed OR Philly cheesesteak Sub (Steak trimmed & sliced, onions & provolone cheese)	Italian – Herb Crusted Pork Loin OR Turkey Burger (ground turkey burger, lettuce, tomato, onions, pickles & provolone cheese)	Chicken Cacciatore (boneless chicken thighs, Italian seasoning, mushrooms, olives, tomato, bell peppers, onions, carrots and wine) OR Fish Sandwich with Creamy Slaw & tartar Sauce	Roasted Turkey OR Cowboy Burger (Fried Onions, Bacon & Pepper Jack Cheese)	Mongolian Beef (Sliced steak seared until crispy, in a sweet & savory sauce) OR Turkey Rueben (Deli turkey, on rye bread with sauerkraut & thousand island & Swiss cheese)	Pork chop with creamy mushroom sauce OR Grilled Ham and Cheese				
Vegetarian	Vege Chicken Marsala	Vege Chicken Marsala	Vege Chicken Marsala	Vege Chicken Marsala	Vege Chicken Marsala	Vege Chicken Marsala	Vege Chicken Marsala				
Entrée Specials	Vegetarian Chilli	Vegetarian Chilli	Vegetarian Chilli	Vegetarian Chilli	Vegetarian Chilli	Vegetarian Chilli	Vegetarian Chilli				
Heart Healthy Entrée	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken				
Grill of the Day	BLT	Hot Dog	BLT	Cheeseburger w/ Fries (Available with Bacon)	BLT	Pepperoni Pizza	BLT				
Vegetable: Choice of	Roasted Peppers OR Pea & Carrots	Succotash OR Parmesan Tomato	Baked Apples OR Cauliflower w/ Cheese	Grilled Zucchini & Squash OR Sauteed Spinach	Brussel Sprouts OR Acorn Squash	Mushroom Medley OR Broccoli	Glazed Carrots OR Green Beans				
Starch: Choice of	White Rice OR Roasted Fingerling Potato	Corn Bread Muffin OR Sweet Potato Casserole	Green Bean Casserole OR Lentils	Roasted Potatoes OR Basmati Rice	Mashed Potatoes with Gravy OR Stuffing	Cajun Beans OR Fried Rice	Brown rice OR French Fries				
Dessert	Weekly Dessert Choices: Pumpkin Roll OR Cookies OR Ice Cream										
Sugar Free				Low Sugar Choices:			1				
Desserts		Sugar Free Cheesecake OR Sugar Free Chocolate <i>OR</i> Vanilla Pudding OR No Sugar Added Ice Cream									
Choice of	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										
Beverage:	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									
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