

The Gardens

Lunch Menu

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Beef Noodle OR Curry Lentil Soup	Beef Noodle OR Cabbage Soup	Beef Noodle OR Potato and Leek Soup	Beef Noodle OR Cream Of Cauliflower Soup	Beef Noodle OR Black Bean Soup	Beef Noodle OR Onion Au Gratin Soup	Beef Noodle OR Chef's Choice
Salad	Jack Salad OR Tossed Salad	Squash Salad OR Tossed Salad	Iceberg Wedge with Blue Cheese Dressing OR Tossed Salad	Tomato and Mozzarella Salad OR Tossed Salad	Apple and Pecan Salad OR Tossed Salad	Asian Slaw OR Tossed Salad	Black Bean 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	Shrimp Piccata	Orange Chicken	Turkey Chili	Rosemary Roasted Lamb Chop	Meatloaf With Gravy	Baked Salmon	Pulled Pork Carnitas with Lime & Cilantro
Vegetarian Entrée	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Veg. Beef Lasagna	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Veg. Beef Lasagna	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Vege Beef Lasagna	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Vege Beef Lasagna	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Veg. Beef Lasagna	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Veg. Beef Lasagna	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Veg. Beef Lasagna
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	Hot Italian Sub	Grilled Smoked Ham & Swiss	Pulled BBQ Pork With Coleslaw	Hot French Dip With Provolone	Chicken Bacon Ranch	Mac Attack Burger	Fried Catfish
Vegetable: Choice of	Green Beans with Red Peppers OR Sautéed Eggplant	Squash Medley OR Asparagus Tips	Snow Peas OR Roasted Mixed Vegetables	Baby Carrots OR Succotash	Broccoli OR Sautéed Corn	Cauliflower OR Stir Fry Vegetables	Fresh Sliced Tomatoes OR Mixed Vegetables
Potato: Choice of	Roasted Red Potatoes OR Polenta	Angel Hair Pasta with Marinara OR Jasmine Rice	Fingerling Potatoes OR Basmati Rice	Whipped Sweet Potatoes OR Roasted Potatoes	Mac & Cheese OR Garlic Mashed Potatoes with Gravy	Saffron Rice OR Fingerling Potatoes	Twice Baked Potato OR Tortilla
Dessert	Weekly Dessert Choices: German Chocolate Cake OR Salted Vanilla Caramel Cake OR Chocolate Cream Pie OR Red Velvet Cake OR Tiramisu OR Ice Cream						Assorted Desserts
Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Red Velvet 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.						
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.

The Gardens

Dinner Menu

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Beef Noodle OR Curry Lentil Soup	Beef Noodle OR Cabbage Soup	Beef Noodle OR Potato and Leek Soup	Beef Noodle OR Cream of Cauliflower Soup	Beef Noodle OR Black Bean Soup	Beef Noodle OR Onion Au gratin Soup	Beef Noodle OR Chef's Choice
Salad	Jack Salad OR Tossed Salad	Butternut Roasted Squash and Mushroom Salad OR Tossed Salad	Iceberg Wedge With Blue Cheese Dressing OR Tossed Salad	Tomato and Mozzarella Salad OR Tossed Salad	Apple and Pecan Salad OR Tossed Salad	Asian Slaw Salad OR Tossed Salad	Black Bean 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	Sesame Beef and Noddles	Lemon Pepper Baked Tilapia	Shepard's Pie	Baked Cod	Stuffed Chicken Alfredo Pasta	Baby Back Ribs	Chef's Choice
Vegetarian Entrée	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Veg. Beef Lasagna	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Veg. Beef Lasagna	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Vege Beef Lasagna	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Vege Beef Lasagna	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Veg. Beef Lasagna	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Veg. Beef Lasagna	Vege Beef Stroganoff Tofu Stir Fry Veg. Chicken Marsala Veg. Beef Lasagna
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	Hot Italian Sub	Grilled Smoked Ham & Swiss	Pulled BBQ Pork With Coleslaw	Hot French Dip With Provolone	Chicken Bacon Ranch	Mac Attack Burger	Fried Catfish
Vegetable: Choice of	Roasted Carrots OR Brussels Sprouts	Sautéed Spinach OR Steamed Cauliflower	Green Beans OR Parmesan Tomatoes	Sautéed Kale w/ Lemon Butter OR Buttered Peas	Asparagus OR Grilled Mixed Veggies	Grilled Sweet Peppers OR Corn on Cob	Carrot Mash OR Broccoli
Potato: Choice of	Jasmine Rice OR Mashed Potatoes with Gravy	Quinoa OR Scalloped Potatoes	Spaghetti Squash OR Garlic Bread	Wild Rice OR Penne Pasta with Marinara	Polenta OR Corn Casserole	Roasted Potatoes OR Creamy Risotto	Baked Beans OR Waffle Fries
Dessert	Weekly Dessert Choices: German Chocolate Cake OR Salted Vanilla Caramel Cake OR Chocolate Cream Pie OR Red Velvet Cake OR Tiramisu OR Ice Cream						Assorted Desserts
Low Sugar/ Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Red Velvet 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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