

The Gardens

Lunch Menu

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Zuppa Tascono OR Egg Drop Soup	Zuppa Tascono OR Vege Tortellini	Zuppa Tascono OR Wild Rice	Zuppa Tascono OR Cream of Asparagus	Zuppa Tascono OR Corn Chowder	Zuppa Tascono OR Potato Leek	Zuppa Tascono OR Chef's Choice
Salad	Curried Cauliflower Salad OR Tossed Salad	Southwest Salad OR Tossed Salad	Caesar Salad OR Tossed Salad	Shrimp Salad OR Tossed Salad	Tortellini and Vegetable Salad OR Tossed Salad	Winter Fruit Salad OR Tossed Salad	Greek 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	Beef Lasagna	Stuffed Flounder with Crab Meat	Teriyaki Pork with Stir Fry Vegetable	Swedish Meatballs with Cream Sauce	Turkey Tetrazzini	Steak Diane with Mustard Cream Sauce	Chicken Quesadilla with Pico De Gallo(Tomato,Onion,cila ntro,
Vegetarian Entrée	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs
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	Shrimp Po' Boy	Fried Chicken	Open Face Prime Rib with Horseradish	Pita Reuben	Monte Cristo	Club Sandwich with Chipotle Mayonnaise	Chili Cheese Hot Dog
Vegetable: Choice of	Green Beans OR Sauerkraut	Mashed Carrots OR Kale with Lemon Butter	Grilled Zucchini OR Baked Apples	Curry Eggplant OR Turnip Greens	Grilled Asparagus OR Sweet and Sour Red Cabbage	Gold Beets OR Green Beans	Fried Okra OR Corn
Potato: Choice of	Mashed Potatoes with Gravy OR Garlic Bread	Scalloped Potatoes OR Orzo with Saffron	Basmati Rice OR Baked Sweet Potato	French Fries OR Curly Pasta with Marinara	Roasted Red Potatoes OR Garlic Bread with Cheese	Au gratin Potatoes OR Polenta	Black Beans OR Cilantro Rice
Dessert	Rigo Chocolate Cake OR Lemon Meringue Pie OR Coconut Flan OR Coconut Layer Cake OR Angel Food Cake with Berries OR Ice Cream						Assorted Desserts
Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Black and White Cake OR Sugar Free Jell-O OR Sugar Free Chocolate or Vanilla Pudding OR Sugar Free 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	Zuppa Tascono OR Egg Drop Soup	Zuppa Tascono OR Vege Tortellini	Zuppa Tascono OR Wild Rice	Zuppa Tascono OR Cream of Asparagus	Zuppa Tascono OR Corn Chowder/ Chip	Zuppa Tascono OR Potato Leek	Zuppa Tascono OR Chef's Choice
Salad	Curried Cauliflower Salad OR Tossed Salad	Southwest Salad OR Tossed Salad	Caesar Salad OR Tossed Salad	Shrimp Salad OR Tossed Salad	Tortellini and Vegetable Salad OR Tossed Salad	Winter Fruit Salad OR Tossed Salad	Greek 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	Sweet & Sour Chicken	Braised BBQ Beef Brisket	Chicken Stew	Blackened Salmon	Tenderloin Slice With Red Wine Sauce	Shrimp and Sausage Jambalaya	Chef's Choice
Vegetarian Entrée	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs	Pecan Patties Sautéed Choplets Vege BBQ Chicken Shar's Vege Meatballs
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	Shrimp Po'boys	Fried Chicken	Open Face Prime Rib With Horseradish Sauce	Reuben	Monte Cristo	Club Sandwich with Chipotle Mayonnaise	Chili Cheese Hot Dog
Vegetable Choice of	Sweet and Sour Red Cabbage OR Grilled Zucchini	Grilled Teriyaki Squash OR Green Bean Casserole	Broccoli OR Roasted Carrots	Steamed Cauliflower OR Brussel Sprouts	Mashed Carrots OR Sautéed Mushrooms	Grilled Sweet Peppers OR Cauliflower	Grilled Green Tomatoes OR Peas and Carrots
Potato Choice of	Angel Hair with Marinara OR Vegetable Fried Rice	Garlic Mashed Potatoes with Gravy OR Orzo	Chickpeas OR Campanili Pasta with Marinara	Acorn Squash OR Wild Rice	Corn OR Mashed Potatoes with Gravy	Yellow Rice OR Black Eyed Peas	Mac & Cheese OR Baked Sweet Potato
Dessert	Weekly Dessert Choices: Rigo Chocolate Cake OR Lemon Meringue Pie OR Coconut Flan OR Coconut Layer Cake OR Angel Food Cake with Berries OR Ice Cream						Assorted Desserts
Low Sugar/Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Black & White Cake OR Sugar Free Jell-O OR Sugar Free Chocolate or Vanilla Pudding OR Sugar Free Ice Cream						Assorted Sugar Free Desserts
Choice of Beverages	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.