

The Gardens

Lunch Menu

| Item | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|---|---|---|---|---|---|---|
| Soup | Lemon Chicken Orzo OR Broccoli Cheddar | Lemon Chicken Orzo OR Rosemary White Bean & Potato | Lemon Chicken Orzo OR Tomato & Red Pepper | Lemon Chicken Orzo OR Baked Potato Soup | Lemon Chicken Orzo OR Gazpacho | Lemon Chicken Orzo OR Cauliflower Bisque | Lemon Chicken Orzo OR Chef's Choice |
| Salad | Lettuce Wedge w/Blue Cheese OR Tossed Salad | Tomato & Basil Bruschetta OR Tossed Salad | Spinach and Chicken Salad OR Tossed Salad | Mixed Greens w/Deviled Eggs OR Tossed Salad | Spinach and Orzo Salad OR Tossed Salad | Curry Chicken Salad OR Tossed Salad | Goat Cheese and Pasta 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 | Grilled Salmon | Beef Stroganoff | Roasted Turkey With Gravy | Rosemary Lemon Chicken | Pork Medallions | Grilled Teriyaki Steak | Hungarian Chicken |
| Vegetarian Options | Eggplant Parmesan General Tso's Chic Potato Patties NY Roast | Eggplant Parmesan General Tso's Chic Potato Patties NY Roast | Eggplant Parmesan General Tso's Chic Potato Patties NY Roast | Eggplant Parmesan General Tso's Chic Potato Patties NY Roast | Eggplant Parmesan General Tso's Chic Potato patties NY Roast | Eggplant Parmesan General Tso's Chic Potato Patties NY Roast | Eggplant Parmesan General Tso's Chic Potato Patties NY Roast |
| Heart Healthy | Fish or Chicken | Fish or Chicken | Fish or Chicken | Fish or Chicken | Fish or Chicken | Fish or Chicken | Fish or Chicken |
| ½ Sandwich | Chicken Caesar Wrap | Roast Pork with Garlic Mayo | Roast Beef Hoagie | Hot Brown (Turkey, Bacon, Swiss) | Chicken, Portabella and Avocado Sub | BLT with Cheese | Hot Pastrami with Swiss |
| Vegetable: Choice of | Broccoli OR Brussels Sprouts | Snow Peas OR Steamed Carrots | Green Bean Casserole OR Roasted Corn | Steamed Broccoli OR Sautéed Yellow Squash | Asparagus OR Orange Glazed Carrots | Mixed Vegetables OR French Green Beans | Steamed Cauliflower OR Zucchini |
| Potato: Choice of | Mashed Potatoes with Gravy OR White Rice | Egg Noodles OR Garlic Bread | Stuffing OR Mashed Potato With Gravy | Basmati Rice OR Sautéed Green Onion & Gnocchi | Linguini w/ Alfredo OR Cou Cous with Peppers | Orzo OR Sweet Potato Casserole | Rosemary Potatoes OR Linguini |
| Dessert | Weekly Dessert Choices: Caramel Apple Cake OR Coconut Custard Pie OR Chocolate Layer Cake OR Brulee Raspberry Bar OR Oreo Cookie & Cream Brownie OR Ice Cream | | | | | | Assorted Desserts |
| Free Desserts | Weekly Low Sugar Choices: Sugar Free Double 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. | | | | | | |
| 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 | Lemon Chicken Orzo OR Broccoli Cheddar Soup | Lemon Chicken Orzo OR Rosemary White Bean & Potato Soup | Lemon Chicken Orzo OR Tomato & Red Pepper Soup | Lemon Chicken Orzo OR Baked Potato Soup | Lemon Chicken Orzo OR Gazpacho | Lemon Chicken Orzo OR Cauliflower Bisque Soup | Lemon Chicken Orzo OR Chef's Choice |
| Salad | Lettuce Wedge w/Bleu Cheese OR Tossed Salad | Tomato & Basil Bruschetta OR Tossed Salad | Spinach and Chicken Salad OR Tossed Salad | Mixed Greens w/ Deviled Eggs OR Tossed Salad | Spinach and Orzo Salad OR Tossed Salad | Curry Chicken Salad OR Tossed Salad | Goat Cheese and Pasta 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 | Bone-in Pork Steak | Chicken Parmesan | Beef & Broccoli Stir Fry | Sautéed Jumbo Shrimp | Salisbury Steak with Gravy | Tilapia with Tarragon Sauce | Chef's Choice |
| Vegetarian Options | Eggplant Parmesan General Tso's Chic Potato Patties NY York Roast | Eggplant Parmesan General Tso's Chic Potato Patties NY York Roast | Eggplant Parmesan General Tso's Chic Potato Patties NY York Roast | Eggplant Parmesan General Tso's Chic Potato Patties NY York Roast | Eggplant Parmesan General Tso's Chic Potato Patties NY York Roast | Eggplant Parmesan General Tso's Chic Potato Patties NY York Roast | Eggplant Parmesan General Tso's Chic Potato Patties NY York Roast |
| Heart Healthy | Fish or Chicken | Fish or Chicken | Fish or Chicken | Fish or Chicken | Fish or Chicken | Fish or Chicken | Fish or Chicken |
| ½ Sandwich | Chicken Caesar Wrap | Roast Pork with Garlic Mayo | Beef Hoagie | Hot Brown (Turkey, Bacon, Swiss) | Chicken, Portabella and Avocado Sub | BLT Grilled Cheese | Hot Pastrami |
| Vegetable: Choice of | Maple Carrots OR Sautéed Pumpkin | Asparagus OR Golden Beets | Baby Carrots OR Sweet & Sour Cabbage | Sweet & Sour Slaw OR Brussels Sprouts | Ratatouille OR Corn | Collard Greens OR Stir Fry Veggies | Creamed Peas OR Lemon Buttered Broccoli |
| Potato: Choice of | Baked Beans OR Wild Rice | Au gratin Potato OR Lentil | Fried Rice OR Au gratin Potatoes | Linguini with Marinara Sauce OR Cheesy Polenta | Mashed Potatoes OR Jasmine Rice | Risotto OR Roasted Red Potatoes | French Fries OR Candied Yams |
| Dessert | Weekly Dessert Choices: | | | | | | Assorted Desserts |
| Sugar Free Desserts | Weekly Low Sugar Choices: | | | | | | 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> | | | | | | |

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