

The Gardens

Lunch Menu

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Seafood Chowder OR Split Pea Soup	Seafood Chowder OR Ginger Noodle Soup	Seafood Chowder OR Minestrone Soup	Seafood Chowder OR Red Lentil Soup	Seafood Chowder OR Roots Veggie Soup	Seafood Chowder OR Cream of Mushroom Soup	Seafood Chowder OR Chef's Choice
Salad	Pear with Walnut Salad OR Tossed Salad	Pasta Salad OR Tossed Salad	Golden Beet Salad OR Tossed Salad	Greek Salad OR Tossed Salad	Potato Salad OR Tossed Salad	Tuna Salad with 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	Baked Salmon with Lemon Dill Cream Sauce	Chicken Cordon Blue	Grilled Sirloin	Stir Fry Pork with Ginger and Vegetables	Mongolian Beef With Green Onion	Admirals platter (Butterfly shrimp, Baked Cod, Scallops)
Vegetarian Entrée	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf
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 Potato Roll	Steak and Cheese	Roasted Peppers , Portabella & Spinach Provolone Panini	Roasted Eggplant, Pesto on Potato Roll	Fried Tilapia on Ciabatta Bread	Open Face Roast Beef with Gravy	Chicken Parmesan Sub
Vegetable: Choice of	Grilled Cauliflower OR Brussel Sprouts	Chopped Spinach OR Grilled Yellow & Red Peppers	Fresh Made Apple Sauce OR Curry Eggplant	Butternut Squash OR Brussel Sprouts	Sautéed Kale OR Carrots	Asparagus OR Grilled Red Peppers	Peas and Carrots OR Broccoli
Starches: Choice of	Spaghetti with Marinara OR Garlic Bread	Scalloped Potatoes OR Orzo w/ Saffron	Sweet Potato Casserole OR Baked Beans	Corn Casserole OR Jasmine Rice	Quinoa OR Golden Beets	Basmati Rice OR Baked Potato	Cous Cous OR Buttered Gnocchi
Dessert	Weekly Dessert Choices: Boston Cream Pie OR Carrot Cake OR Tres Leches Cake OR Blueberry Pie OR Chocolate Éclair OR Ice Cream						Assorted Desserts
Low Sugar/ Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Apple Cinnamon Treat 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.						

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	Seafood Chowder OR Split Pea Soup	Seafood Chowder OR Ginger Noodle Soup	Seafood Chowder OR Minestrone Soup	Seafood Chowder OR Red Lentil Soup	Seafood Chowder OR Roots Veggie Soup	Seafood Chowder OR Cream of Mushroom Soup	Seafood Chowder OR Chef's Choice
Salad	Pear with Walnut Salad OR Tossed Salad	Pasta Salad OR Tossed Salad	Golden Beet Salad OR Tossed Salad	Greek Salad OR Tossed Salad	Potato Salad OR Tossed Salad	Tuna Salad With 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	Chicken Normandy	Beef Short Rib	Parmesan Crusted Tilapia	Roasted Chicken With Mushroom Tarragon Sauce	Linguini Seafood With White Wine Sauce	Honey Mustard Glazed Roasted Chicken	Chef's Choice
Vegetarian Entrée	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf	Special K Roast Vege Sesame Chicken Strip Green Bean Casserole Tofu Walnut Loaf
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 Potato Roll	Steak and Cheese	Roasted Peppers , Portabella & Spinach Provolone Panini	Roasted Eggplant, Pesto on Potato Roll	Fried Tilapia on Ciabatta Bread	Open Face Roast Beef with Gravy	Chicken Parmesan Sub
Vegetable: Choice of	Mushroom Stir Fry OR Grilled Eggplant & Shallots	Cauliflower OR Roasted Carrots	Sautéed Veggies OR Celery Apple Slaw	Lemon Buttered Broccoli OR Spinach	Grilled Zucchini OR Sautéed Eggplant	Broccoli OR Parmesan Tomatoes	Cauliflower OR Sautéed Zucchini
Starches: Choice of	Roasted Potatoes OR Cous Cous	Quinoa OR Creamed Peas & Potatoes	Long Grain Rice OR Mashed Potato With Gravy	Spaghetti Squash OR Baked Sweet Potato	Green Peas OR Parsnips	Orzo OR Wax Beans	Green Beans OR Mashed Potato with Gravy
Dessert	Weekly Dessert Choices: Boston Cream Pie OR Carrot Cake OR Tres Leches Cake OR Blueberry Pie OR Chocolate Éclair OR Ice Cream						Assorted Desserts
Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Apple Cinnamon Treat 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>						

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