

The Gardens

Lunch Menu

Week One:

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Tomato Bisque OR Cream of Chicken Soup	Tomato Bisque OR Beef Barley Vegetable Soup	Tomato Bisque OR Zuppa Toscana Soup (Italian sausage, kale, bacon & potato w/ Italian seasoning)	Tomato Bisque OR Navy Bean with Ham Soup	Tomato Bisque OR Fish & Corn Chowder Soup	Tomato Bisque OR Shrimp Gumbo Soup (Italian sausage link, shrimp, peppers, carrots & diced tomatoes)	Tomato Bisque OR Chicken potato Soup
Salad	Tossed Salad OR Mixed Fruit Cup	Apple Pecan Salad (Diced apples, pecans, mixed greens & feta cheese w/ a Honey red wine vinaigrette) OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Golden Beets Salad (beets, arugula & feta cheese serve w/ a vinaigrette dressing) OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Mixed Green w/ Baby Corn Salad OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup
Special of the Day	Corned Beef & Cabbage OR Grilled Cheese with Tomato	Shrimp Quesadilla (Sauteed Peppers, Onions & Cheese Garnish w/ sour cream, Pico de Gallo -Tomato, onions, peppers, lime & cilantro) OR Chicken Bacon Ranch Sub	Creamy Chicken, Tomato & Spinach Penne Pasta OR Sloppy Joe (ground beef, onions, bell pepper, Beans, mix cheese & tomato sauce on a bun)	Grilled Teriyaki Flank Steak OR Pesto Chicken w/ Sundried Tomato & cheese Panini sub	Spinach Stuffed Flounder (flounder filet, filled w/ cream cheese, mozzarella, feta cheese & chopped baby spinach w/ with white cream sauce on top) OR Roast Beef Sub	Chicken Piccata (chicken breast cutlet, dredged in flour, browned, and served with a sauce of butter, lemon juice & capers) OR Open Face Fish Melt on White Bread	Meatloaf OR Turkey Club Wrap (turkey, bacon, tomatoes, lettuce, cheese, avocado, stuffed in a flour tortilla)
Vegetarian Entrée Specials	Moroccan Stew	Moroccan Stew	Moroccan Stew	Moroccan Stew	Moroccan Stew	Moroccan Stew	Moroccan Stew
	Vege Orange Chicken	Vege Orange Chicken	Vege Orange Chicken	Vege Orange Chicken	Vege Orange Chicken	Vege Orange Chicken	Vege Orange Chicken
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	Pepperoni Pizza	BLT	Hot Dogs	BLT	Cheeseburger w/ Fries (Available with Bacon	BLT
Vegetable: Choice of	Baby Carrots OR Succotash	Sautéed Red Cabbage OR Mushroom	Cauliflower OR Grilled Zucchini	Okra OR Mixed Vegetables	Broccoli OR Parmesan Tomatoes	Golden Beets OR Cauliflower	Glazed Carrots OR Grilled Vegetables
Starch: Choice of	Roasted Acorn Squash slices OR Potato Pancake	Cilantro Lime Rice OR Black Beans	Garlic Bread OR Curry Chickpeas	Yellow Rice OR Fingerling Potatoes	Hush Puppies OR White Rice	Baked Potatoes OR Garlic Butter Angel Hair Pasta	Mashed Potatoes w/ Gravy OR Spaghetti Squash
Dessert	Weekly Dessert Choices: Pumpkin Pie OR Cookies OR Ice Cream						Assorted Desserts
Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Chocolate Brownie 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, Iced 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.						

As always, we encourage your feedback regarding our menus. Substitutions may be necessary at times.

The Gardens

Dinner Menu

Week One: September 21st, through September 27th, 2025

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Tomato Bisque OR Cream of Chicken Soup	Tomato Bisque OR Beef Barley Vegetable Soup	Tomato Bisque OR Zuppa Toscana Soup (Italian sausage, kale, bacon & potato w/ Italian seasoning)	Tomato Bisque OR Navy Bean w/ Ham Soup	Tomato Bisque OR Fish & Corn Chowder Soup	Tomato Bisque OR Shrimp Gumbo Soup (Italian sausage link, shrimp, peppers, carrots & diced tomatoes)	Tomato Bisque OR Chicken & Potato Soup
Salad	Tossed Salad OR Mixed Fruit Cup	Apple Pecan Salad (Diced apples, pecans, mixed greens & feta cheese w/ a Honey red wine vinaigrette) OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Golden Beets Salad (beets, arugula & feta cheese serve w/ a vinaigrette dressing) OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Mixed Green w/ Baby Corn Salad OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup
Special of the Day	Chicken Parmesan (breaded chicken breast, covered in tomato sauce and mozzarella cheese server over a bed of linguini pasta) OR Grilled Cheese with Tomato	Beef Stroganoff (beef strips w/ mushrooms, cream sauce, served over Egg noodles) OR Chicken Bacon Ranch Sub	Tomato - Basil Shrimp and Polenta OR Sloppy Joe (ground beef, onions, bell pepper, mix cheese & tomato sauce on a bun)	Rosemary Lamb Rack OR Pesto Chicken w/ Sundried Tomato & cheese Panini	Turkey Curry OR Roast Beef Sub	Apple Cider Pork Chops OR Open Face Fish Melt on White Bread	Spinach, Tomatoes & Feta cheese Quiche OR Turkey Club Wrap (turkey, bacon, tomatoes, lettuce, cheese, avocado, stuffed in a flour tortilla)
Vegetarian Entrée Specials	Moroccan Stew Vege Orange Chicken	Moroccan Stew Vege Orange Chicken	Moroccan Stew Vege Orange Chicken	Moroccan Stew Vege Orange Chicken	Moroccan Stew Vege Orange Chicken	Moroccan Stew Vege Orange Chicken	Moroccan Stew Vege Orange Chicken
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	Pepperoni Pizza	BLT	Hot Dogs	BLT	Cheeseburger w/ Fries (Available with Bacon)	BLT
Vegetable: Choice of	Steamed Broccoli OR Mixed Vegetables	Sautéed Spinach OR Vegetable Medley	Ratatouille OR Roasted Brussel Sprouts	Golden Beets OR Grilled Asparagus	Mushrooms OR Sautéed Kale	Steamed Asparagus OR Cinnamon Baked Apples	Sweet & Sour Red Cabbage OR Peas & Carrots
Starches: Choice of	Scalloped Potatoes OR Linguini w/ Marinara	Baked Sweet Potatoes OR Onion Rings	White Rice OR French Fries	Wild Rice OR Cajun Red Beans	Scalloped Potato OR Basmati Rice	Cheesy Risotto OR Sweet Potato Casserole	French Fries OR Angel Hair Pasta w/ Marinara
Desserts	Weekly Dessert Choices: Tapioca Pudding OR Cookies OR Ice Cream						Assorted Desserts
Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Jello OR Sugar Free Chocolate OR Vanilla Pudding OR No Sugar Added Ice Cream						
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, Iced Tea & Water. All available Daily with every Meal.						
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