

## *The Gardens*

## ***Lunch Menu***

## Week Two:

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Beef Noodle Soup OR Cauliflower Soup	Beef Noodle Soup OR Autumn Vegetable Soup (Butternut squash, sweet potatoes, kale, carrots, Cannellini Beans & tomatoes)	Beef Noodle Soup OR Sweet Potato Soup	Beef Noodle Soup OR Navy Bean Soup	Beef Noodle Soup OR Tomato Florentine Soup(Carrots, celery, fresh tomato, garlic and spinach)	Beef Noodle Soup OR Minestrone Soup (macaroni pasta, beans, onions, celery, carrots, leaf vegetables, parmesan cheese & tomatoes)	Beef Noodle Soup OR Cream of Mushroom
Salad	Tossed Salad OR Mixed Fruit Cup	Tomato & Peach Salad OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Bacon & Spinach Salad OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Pear with Cottage Cheese OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup
Special of the Day	Fish & Chips (breaded pollock fish batter, served with French fries) OR BBQ Pulled Pork	Chicken Thigh with Lemon Butter OR Grilled Ham, Egg & Cheese Croissant	Swedish Meatballs (Ground beef, Worcestershire sauce, Dijon & sour cream over Egg Noodles) OR Sautéed Shrimp w/ Chipotle Avocado Mayonnaise Sub	Beef Liver with Bacon and Onion OR Sliced Turkey Panini w/ Cranberry Mayonnaise	Pork Ribeye with Orange Glaze Sauce OR Grilled Chicken, Onions & Bacon Panini	Seared Salmon OR Grilled Hot Italian Sub (ham, pepperoni, salami, provolone cheese & Italian seasoning melt)	Beef Lasagna OR Tuna Melt on English Muffin
Vegetarian Entrée Specials	Eggplant Parmesan	Eggplant Parmesan	Eggplant Parmesan	Eggplant Parmesan	Eggplant Parmesan	Eggplant Parmesan	Eggplant Parmesan
	Garden Burger	Garden Burger	Garden Burger	Garden Burger	Garden Burger	Garden Burger	Garden Burger
Heart Healthy Entrée	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken
Grilled of the Day	BLT	Pepperoni Pizza	BLT	Cheeseburger w/ Fries <i>(Available with Bacon)</i>	BLT	Hot Dog	BLT
Vegetable: Choice of	Coleslaw OR Herb Roasted Tomatoes	Succotash OR Sautéed Mushroom	Golden Beets OR Glazed Carrots	Broccoli OR Grilled Yellow Squash	Kale OR Roasted Mixed Vegetables	Asparagus OR Grilled Eggplant	Sautéed Cabbage OR Grilled Zucchini
Starch: Choice of	French Fries OR Cornbread	Roasted Potatoes OR Baked Beans	Egg Noodles w/Marinara OR Breaded Zucchini	Lentils OR Mashed Potato with Gravy	Green Bean Casserole OR Onion Rings	White Rice OR Baked Acorn Squash	Garlic Bread OR Baked Sweet Potato
Dessert	Weekly Dessert Choices: Pecan Pie OR Cookies OR Ice Cream						Assorted Desserts
Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Red Velvet Cake 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%, Soy & 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 Two:** September 28<sup>th</sup>, Through October 4<sup>th</sup>, 2025

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Beef Noodle Soup OR Cauliflower Soup	Beef Noodle Soup OR Autumn Vegetable Soup (butternut squash, sweet potatoes, kale, carrots, Cannellini Beans & tomatoes)	Beef Noodle Soup OR Sweet Potato Soup	Beef Noodle Soup OR Navy Bean Soup	Beef Noodle Soup OR Tomato Florentine Soup	Beef Noodle Soup OR Minestrone Soup (macaroni pasta, beans, onions, celery, carrots, leaf vegetables, parmesan cheese & tomatoes)	Beef Noodle Soup OR Cream of Mushroom
Salad	Tossed Salad OR Mixed Fruit Cup	Tomato & Peach Salad OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Bacon & Spinach Salad OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Pear with Cottage Cheese OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup
Special of the Day	Roasted Leg of Lamb OR BBQ Pulled Pork	Lemon Pepper Baked Cod Fish OR Grilled Ham, Egg & Cheese Croissant	Maple Roasted Pork Tenderloin with Carrots OR Sautéed Shrimp w/ Chipotle Avocado Mayonnaise Sub	Grilled Chicken w/ Bearnaise (Butter, egg yolk, vinegar & herbs) Sauce OR Sliced Turkey Panini w/ Cranberry Mayonnaise	Beef Stew (Diced Beef, with potatoes, onions, celery, peas, and carrots) OR Grilled Chicken, Onions & Bacon Panini	Tuscan Chicken (Chicken breast, simmered in a cream sauce, parmesan cheese, sun-dried tomatoes, onion & spinach) OR Grilled Hot Italian Sub (ham, pepperoni, salami, provolone cheese & Italian seasoning melt)	Fried Shrimp OR Tuna Melt on English Muffin
Vegetarian Entrée Specials	Eggplant Parmesan	Eggplant Parmesan	Eggplant Parmesan	Eggplant Parmesan	Eggplant Parmesan	Eggplant Parmesan	Eggplant Parmesan
	Garden Burger	Garden Burger	Garden Burger	Garden Burger	Garden Burger	Garden Burger	Garden Burger
Heart Healthy Entrée	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken
Grilled of the day	BLT	Pepperoni Pizza	BLT	Cheeseburger w/ Fries <i>(Available with Bacon)</i>	BLT	Hot Dog	BLT
Vegetable: Choice of	Glazed Carrots OR Roasted Corn	Steamed Cauliflower OR Sautéed Okra	Spinach OR Grilled Mixed Vegetables	Baked Apple OR Asparagus	Ratatouille OR Acorn Squash	Okra OR Peas and Carrots	Parmesan Tomatoes OR Creamed Spinach
Starch: Choice of	Mashed Potato w/ Gravy OR Snap Peas	Brown Rice w/ Mushroom OR Linguini with Marinara	Macaroni & Cheese OR Butternut Squash	Corn Casserole OR Basmati Rice	Rice Pilaf OR Baked Potato	Roasted Potatoes OR Fried Okra	Corn on Cob OR Sweet Potato Fries
Dessert	Weekly Dessert Choices: Red velvet Cupcake OR Cookies OR Ice Cream						Assorted Desserts
Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Vanilla Cupcakes 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%, Soy & 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.						

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