

The Gardens

Lunch Menu

Week Four:

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Chicken & Rice Soup OR Pumpkin Soup	Chicken & Rice Soup OR Black Bean Soup	Chicken & Rice Soup OR Cream of Celery Soup	Chicken & Rice Soup OR French Onion Soup	Chicken & Rice Soup OR Cream of Mushroom Soup	Chicken & Rice Soup OR Tuscan Tortellini Vegetable Soup	Chicken & Rice Soup OR Butternut Squash Soup
Salad	Tossed Salad OR Mixed Fruit Cup	Antipasto Salad (Salami, pepperoni, olives, Fresh mozzarella, tomatoes, red onion tossed in an Italian Dressing) OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Autumn Cobb Salad (Mixed greens, butternut squash, sweet potato, avocado, bacon, boiled egg, pecans, apple, chicken breast served w/ a maple vinaigrette dressing) OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Pear with Candied Walnut Salad (Spinach, pears, candied walnut, red onions, feta cheese served w/ a balsamic vinaigrette) OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup
Special of the Day	Apricot Glazed Pork Tenderloin OR Open Face Steak Sandwich (Flank steak strip, onions, peppers, Dijon Mustard w/ Provolone cheese)	Creamy Chicken Pesto Pasta OR Fried Tilapia Sandwich	Salmon Teriyaki OR Meatloaf Sandwich	Country Fried Steak OR Hot Pastrami with Swiss Cheese Sandwich	Tilapia Almondine OR Kielbasa Sandwich (grilled kielbasa sausage, sauteed onions, green peppers and cheese on a sub roll)	BBQ Beef Brisket OR Italian B.M.T Sub (Pepperoni, salami, ham, lettuce, tomatoes, onions, cucumber & mayo w/ provolone cheese)	Shrimp & Cheesy Grits OR French Dip Sandwich (Hot roast beef, provolone cheese on a sub roll served with a beef broth on the side)
Vegetarian Entrée Specials	Vege Beef Stir Fry Vege Mushroom French Dip	Vege Beef Stir Fry Vege Mushroom French Dip	Vege Beef Stir Fry Vege Mushroom French Dip	Vege Beef Stir Fry Vege Mushroom French Dip	Vege Beef Stir Fry Vege Mushroom French Dip	Vege Beef Stir Fry Vege Mushroom French Dip	Vege Beef Stir Fry Vege Mushroom French Dip
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	Cheeseburger w/ Fries <i>(Available with Bacon)</i>	BLT	Hot Dog	BLT	Grilled Cheese	BLT
Vegetable: Choice of	Sautéed Mushroom OR Brussel Sprout	Golden Beets OR Succotash	Glazed Carrots OR Sauteed Spinach	Coleslaw OR Roasted Mixed Vegetables	Baby Carrots OR Asparagus	Grilled Zucchini OR Steamed Broccoli	Green Beans OR Mixed Vegetables
Starch: Choice of	Brown Rice OR French Fries	Green Bean Casserole OR Garlic Bread	Sweet Potato Casserole OR White Rice	Mashed Potatoes with Gravy OR Macaroni & Cheese	Corn Casserole OR Basmati Rice	Loaded Baked Potato OR Fried Okra	French Fries OR Hush Puppies
Dessert	Weekly Dessert Choices: Peach Crisp OR Cookies OR Ice Cream						
Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Vanilla Apple 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% & 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:	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.

Week Four: October 12th, through October 18th, 2025

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