## 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 <b>OR</b> 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 <b>OR</b> Mixed Fruit Cup	Antipasto Salad (Salami, pepperoni, olives, Fresh mozzarella, tomatoes, red onion tossed in an Italian Dressing)  OR Mixed Fruit Cup	Tossed Salad <b>OR</b> 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 <b>OR</b> Mixed Fruit Cup	Pear with Candied Walnut Salad (Spinach, pears, candied walnut, red onions, feta cheese served w/ a balsamic vinaigrette) <b>OR</b> Mixed Fruit Cup	Tossed Salad <b>OR</b> 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 <b>OR</b> Fried Tilapia Sandwich	Salmon Teriyaki <b>OR</b> 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	Vege Beef Stir Fry  Vege Mushroom French	Vege Beef Stir Fry  Vege Mushroom French	Vege Beef Stir Fry  Vege Mushroom French	Vege Beef Stir Fry  Vege Mushroom French	Vege Beef Stir Fry Vege Mushroom French Dip	Vege Beef Stir Fry  Vege Mushroom French				
Heart Healthy Entrée	Dip Fish <b>OR</b> Chicken	Dip Fish <b>OR</b> Chicken	Dip Fish <b>OR</b> Chicken	Dip Fish <b>OR</b> Chicken	Dip Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Dip Fish <b>OR</b> Chicken				
Grill of the Day	BLT	Cheeseburger w/ Fries (Available with Bacon)	BLT	Hot Dog	BLT	Grilled Cheese	BLT				
Vegetable: Choice of	Sautéed Mushroom <b>OR</b> Brussel Sprout	Golden Beets OR Succotash	Glazed Carrots <b>OR</b> Sauteed Spinach	Coleslaw <b>OR</b> Roasted Mixed Vegetables	Baby Carrots <b>OR</b> Asparagus	Grilled Zucchini <b>OR</b> Steamed Broccoli	Green Beans <b>OR</b> Mixed Vegetables				
Starch: Choice of	Brown Rice <b>OR</b> French Fries	Green Bean Casserole OR Garlic Bread	Sweet Potato Casserole <b>OR</b> White Rice	Mashed Potatoes with Gravy <b>OR</b> Macaroni & Cheese	Corn Casserole <b>OR</b> Basmati Rice	Loaded Baked Potato OR Fried Okra	French Fries <b>OR</b> Hush Puppies				
Dessert	Weekly Dessert Choices: Peach Crisp <b>OR</b> Cookies <b>OR</b> Ice Cream										
Sugar Free Desserts		Weekly Low Sugar Choices: Sugar Free Vanilla Apple cake <b>OR</b> Sugar Free Chocolate or Vanilla Pudding <b>OR</b> 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.

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Salad	Tossed Salad <b>OR</b> Mixed Fruit Cup	Antipasto Salad (Salami, pepperoni, olives, Fresh mozzarella, tomatoes, red onion tossed in an Italian Dressing) <b>OR</b> Mixed Fruit Cup	Tossed Salad <b>OR</b> 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) <b>OR</b> Mixed Fruit Cup	Tossed Salad <b>OR</b> 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 <b>OR</b> Mixed Fruit Cup			
Special of the day	Chicken Thigh with Sundried Tomato & Artichokes Hearts OR Open Face Steak Sandwich (Flank steak strip, onions, peppers, Dijon Mustard w/ Provolone cheese)	Shepherd's Pie <b>OR</b> Fried Tilapia Sandwich	Stuffed Turkey Breast with Gravy OR Meatloaf Sandwich	Beef & Broccoli OR Hot Pastrami with Swiss Cheese Sandwich	Fajita Duo with Shrimp and Chicken OR Kielbasa Sandwich (grilled kielbasa sausage, sauteed onions, green peppers and cheese on a sub roll)	Maryland Crab Cake with Tartar Sauce OR Italian B.M.T Sub (Pepperoni, salami, ham, lettuce, tomatoes, onions, cucumber & mayo w/ provolone cheese)	Spaghetti & Meat Sauce 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 <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken			
Grill of the Day	BLT	Cheeseburger w/ Fries (Available with Bacon	BLT	Hot Dog	BLT	Grilled Cheese	BLT			
Vegetable: Choice of	Peas & Carrots <b>OR</b> Ratatouille	Yellow Squash <b>OR</b> Mixed Vegetables	Applesauce <b>OR</b> Asparagus	Butternut Squash <b>OR</b> Green Beans	Brussel Sprouts <b>OR</b> Golden Beets	Steamed Cauliflower OR Grilled Peppers & Onions	Sautéed Mushrooms OR Parmesan Tomatoes			
Starch: Choice of	Baked Sweet Potato <b>OR</b> Wild Rice	Corn Bread Muffins OR Macaroni & Cheese	Onion Rings <b>OR</b> Mashed Potato  w/ Gravy	Fried Rice <b>OR</b> Angel Hair Pasta w/ Marinara	Spaghetti Squash <b>OR</b> Mexican Rice	Jasmine Rice <b>OR</b> Lentils	Roasted Potatoes OR Couscous			
Dessert	Weekly Dessert Choices: Sweet Potato Pie OR Cookies OR Ice Cream  Assorted Desserts									
Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Chocolate Cake <b>OR</b> Sugar Free Chocolate or Vanilla Pudding <b>OR</b> 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.									
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