

Gables Daily Specials

Week 1

Lunch

Dinner

Monday

Soup: Cauliflower Cheese
Chicken Caesar Salad French Dip Sandwich
Dinner Roll Side Caesar Salad

Orange Glazed Chicken Pork Marsala
Chive Roasted Potatoes Chive Roasted Potatoes
Diced Carrots Diced Carrots
Dessert of the Day

Tuesday

Soup: Clam Chowder
Beef Stroganoff Sausage Egg Strata
Herb Buttered Noodles Vegetable Blend
Vegetable Blend Fresh Fruit Cup

Crab Cakes Mandarin Chicken Salad
Mashed Cauliflower Whole Wheat Breadstick
Sweet Green Peas
Dessert of the Day

Wednesday

Soup: Navy Bean
Baked Salmon w/ Dill Pot Roast Lyonnaise
Baby Baker Potatoes Baby Baker Potatoes
Sautéed Summer Squash Sautéed Summer Squash

Hamburger on a Bun Kielbasa w/ Sauerkraut
Baked Beans Baked Beans
Watermelon Watermelon
Dessert of the Day

Thursday

Soup: Chicken Dill
Cottage Cheese Spaghetti & Meatballs
& Fruit Plate Vegetable Medley
Muffin

Ginger Peach Pork Shredded Turkey Sand.
Potato Salad Potato Salad
Mandarin Oranges Mandarin Oranges
Dessert of the Day

Friday

Soup: Vegetable Barley
Egg Salad Sandwich Beef Pepper Steak
Potato Chips White Rice
Fresh Fruit Cup Fresh Fruit Cup

Chicken Pesto over Seafood Salad
Penne Pasta Whole Wheat Breadstick
Roasted Zucchini & Tomato
Dessert of the Day

Saturday

Soup: Lentil
Chicken a la Kiev Beef Chili
White Rice Cheddar Cheese
Buttered Corn Corn Muffin

Herb Crusted Cod Bruschetta Chicken
Brown Rice Brown Rice
Lemon Asparagus Lemon Asparagus
Dessert of the Day

Sunday

Soup: Split Pea w/ Ham
Turkey Roast w/ Gravy Grilled Ham Steak
Mashed Potatoes Mashed Potatoes
Broccoli Broccoli

Beef Lasagna Chicken Salad Croissant
Italian Vegetables Fresh Fruit Cup
Dessert of the Day

Gables Daily Specials

Week 2

Lunch

Dinner

Monday

Soup: Corn Chowder

Shrimp Tortellini Alfredo

Patty Melt

Swedish Meatballs

Greek Chicken Salad

Breadstick

Three Bean Salad

Herb Buttered Noodles

Pita Bread

Mandarin Oranges

Mandarin Oranges

Dessert of the Day

Tuesday

Soup: Tomato Basil

Fried Chicken

Mushroom Pork

Beef Stir Fry

Grilled Cheese Sandwich

Baked Potato

Baked Potato

Brown Rice

Fresh Fruit Cup

Vegetable Blend

Vegetable Blend

Potato Chips

Dessert of the Day

Wednesday

Soup: Beef Barley

BBQ Pork Ribs

Chicken Tenders

Tuna Sandwich on Wheat

Cheese Lasagna Rollups

Macaroni & Cheese

Macaroni & Cheese

Sun Chips

w/ Meat Sauce

Cucumber Salad

Cucumber Salad

Fresh Grapes

Steamed Spinach

Dessert of the Day

Thursday

Soup: Chicken Wild Rice

Pulled Chicken Taco Salad

Sloppy Joe on a Bun

Swiss Spinach Quiche

Cherry Glazed Ham Steak

Tortilla Chips

Tortilla Chips

Broccoli Sunflower Salad

Au Gratin Potatoes

Fresh Fruit Cup

Fresh Fruit Cup

Broccoli Sunflower Salad

Dessert of the Day

Friday

Soup: Minestrone

Baked Tilapia

Chicken Pot Pie

Ginger Chicken Thigh

Fish & Chips

Sweet Potatoes

Vegetable Blend

Vegetable Fried Rice

Coleslaw

Vegetable Blend

Dessert of the Day

Coleslaw

Saturday

Soup: Zuppa Toscana

Salisbury Steak

Chef Salad

Sundried Tomato Pork

Turkey Rachel Sandwich

Baked Potato

Choice of Dressing

Watermelon

Watermelon

Green Beans & Tomatoes

Muffin

Dinner Roll

Dessert of the Day

Sunday

Soup: Country Chicken

Baked Salmon w/ Artichokes

Cheese Pizza

Meatloaf w/ Gravy

Egg, Ham, & Cheese

Wild Rice Blend

Side Caesar Salad

Mashed Potatoes

on a Croissant

Side Caesar Salad

Dessert of the Day

Steamed Broccoli

Cinnamon Pears

Gables Daily Specials

Week 3

Lunch

Dinner

Monday

Soup: Cauliflower Cheese
Pastrami Sandwich
Potato Chips
Fresh Fruit Cup

Mushroom Pork Loin
Mashed Potatoes
Fresh Fruit Cup

Chicken Cordon Bleu
Tater Tots
Sauteed Summer Squash
Dessert of the Day

Breakfast Casserole
Tater Tots
Fresh Fruit Cup

Tuesday

Soup: Black Bean
Chicken Chow Mein
White Rice
Asian Blend Vegetables

Mediterranean Shrimp Salad
Dinner Roll

Turkey Waldorf Salad
Mandarin Oranges
Croissant
Dessert of the Day

Corned Beef Dinner w/
Potatoes, Carrots, Cabbage
Creamy Horseradish Sauce

Wednesday

Soup: Vegetable Barley
Chicken Tenders
Sweet Potato Fries
Fresh Strawberries

Ginger Peach Pork
Sweet Potato Fries
Fresh Strawberries

Swiss Steak
Mashed Potatoes
Broccoli
Dessert of the Day

White Chicken Chili
Corn Muffin
Broccoli

Thursday

Soup: Chicken Noodle Soup
Egg Salad Sandwich
Sun Chips
Chilled Peaches

Spaghetti w/ Meat Sauce
Roasted Brussels Sprouts
Garlic Toast

Chicken Thigh w/ Gravy
Chive Roasted Potatoes
Cucumber Salad
Dessert of the Day

Sausage & Pepper Sauté
Chive Roasted Potatoes
Cucumber Salad

Friday

Soup: Garden Vegetable
Battered Fish
Baked Potato Wedges
Coleslaw

BBQ Pulled Pork
Baked Potato Wedges
Coleslaw

Honey Glazed Lemon Salmon
Rice Blend
Green Beans
Dessert of the Day

Sundried Tomato Chicken
Rice Blend
Green Beans

Saturday

Soup: Chicken Tortilla
Open Faced Hot Turkey
Sand. w/ Mashed Potatoes
Buttered Corn

Beef Taco Salad
Buttered Corn

Loaded Chili Baked Potato
Watermelon
Dessert of the Day

Bratwurst on a Bun
Pasta Salad
Watermelon

Sunday

Soup: Broccoli Cheese
Pork Roast w/ Gravy
Baked Sweet Potato
Applesauce

Blueberry Pancakes
Scrambled Eggs
Applesauce

Beef Pot Roast w/ Gravy
Mashed Potatoes
Broccoli Sunflower Salad
Dessert of the Day

Turkey Sandwich
w/ Basil Mayo
Broccoli Sunflower Salad

Daily Specials

Week 4

Lunch

Dinner

Monday

Soup: Chicken Dill
Strawberry Chicken Salad Tater Tot Hotdish
Raspberry Vinaigrette Strawberries
Whole Wheat Breadstick

Smoked Brisket Parmesan Crusted Fish
Baby Bakers Baby Bakers
Sauteed Summer Squash Sauteed Summer Squash
Dessert of the Day

Tuesday

Soup: Beef Barley
Chicken Salad Sandwich Beef Tips & Gravy
Potato Chips Mashed Potatoes
Fresh Fruit Cup Steamed Spinach

Turkey Roast w/ Gravy Swedish Meatballs
Mashed Potatoes Mashed Potatoes
Grilled Vegetables Grilled Vegetables
Dessert of the Day

Wednesday

Soup: Beef Chili
Herb Crusted Cod Cottage Cheese
Wild Rice Blend & Fruit Plate
Vegetable Blend Muffin

Maple Glazed Ham Chicken Marsala
Oven Roasted Potatoes Oven Roasted Potatoes
Wax Beans Wax Beans
Dessert of the Day

Thursday

Soup: Lentil
Mushroom Swiss Burger Sweet & Sour Pork
Baked Sweet Potato Fries Baked Sweet Potato Fries
Cucumber Salad Cucumber Salad

Chicken a la King BBQ Pulled Pork
Roasted Carrots Roasted Carrots
Buttermilk Biscuit Fresh Fruit Cup
Dessert of the Day

Friday

Soup: Clam Chowder
Dijon Dill Salmon Turkey Wild Rice Sandwich
Potato Salad Potato Salad
Watermelon Watermelon

Breakfast Sandwich Country Fried Steak
on an English Muffin Macaroni & Cheese
Fresh Fruit Cup Fresh Fruit Cup
Dessert of the Day

Saturday

Soup: Tomato Basil
Beef Lasagna Grilled Cheese Sandwich
Sauteed Zucchini Sauteed Zucchini
Whole Wheat Breadstick

Shrimp Scampi Orange Chicken
Brown Rice Brown Rice
Lemon Asparagus Lemon Asparagus
Dessert of the Day

Sunday

Soup: Country Chicken
Meatloaf w/ Gravy Seafood Salad Sandwich
Mashed Potatoes Fresh Fruit Cup
Tomato Salad

Maple Dijon Chicken Thigh Cheese Omelet
Baked Potato Scone
Vegetable Blend Fresh Strawberries
Dessert of the Day

Daily Specials

Week 5

Lunch

Dinner

Monday

Soup: Zuppa Toscana
Coconut Shrimp
Mashed Sweet Potatoes
Roasted Cauliflower

Salisbury Steak
Mashed Sweet Potatoes
Roasted Cauliflower

Balsamic Herb Chicken
Rice Blend
Carrot Raisin Salad
Dessert of the Day

Roast Beef Sandwich
Potato Chips
Carrot Raisin Salad

Tuesday

Soup: Black Bean
Dijon Dill Cod
Garlic Mashed Potatoes
Sweet Green Peas

BBQ Pork Ribs
Garlic Mashed Potatoes
Sweet Green Peas

Pork Chops w/ Gravy
Stuffing
Fresh Fruit Cup
Dessert of the Day

Cashew Chicken Salad
on a Croissant
Fresh Fruit Cup

Wednesday

Soup: Corn Chowder
Tuna Melt on Wheat
Potato Chips
Diced Beets

Turkey Roast w/ Gravy
Mashed Potatoes
Diced Beets

Veggie Egg Bake
Scone
Vanilla Yogurt
Dessert of the Day

Country Fried Steak
Baked Potato
Broccoli

Thursday

Soup: Garden Vegetable
Sesame Ginger Chicken
Vegetable Fried Rice
Green Beans w/ Red Peppers

Beef Goulash
Garlic Toast
Green Beans w/ Red Peppers

BBQ Chicken
Baked Beans
Watermelon
Dessert of the Day

Hot Dog on a Bun
Baked Beans
Watermelon

Friday

Soup: Broccoli Cheese
Beef Enchiladas
Cilantro Lime Black Beans
Lettuce & Tomato

Breaded Fish Sandwich
Tartar Sauce
Fresh Fruit Cup

Shrimp Alfredo
Linguine Noodles
Vegetable Blend
Dessert of the Day

Chef Salad
Choice of Dressing
Muffin

Saturday

Soup: Chicken Wild Rice
Chicken Club Sandwich
Garbanzo Salad
Mandarin Oranges

Spinach Mushroom Strata
Garbanzo Salad
Mandarin Oranges

Cheeseburger on a Bun
Lettuce, Tomato, Onion
Broccoli Slaw
Dessert of the Day

Mushroom Pork Loin
Mashed Potatoes
Broccoli Slaw

Sunday

Soup: Minestrone
Ham w/ Applesauce
Scalloped Potatoes
Vegetable Blend

Belgian Waffle w/ Strawb
Scrambled Eggs
Sausage Patty

Citrus Herb Chicken
Buttered Corn
Watermelon
Dessert of the Day

Reuben Sandwich
Sun Chips
Watermelon