




INSPIRED
SENIOR LIVING



Menu for the Week of February 27 - March 5, 2023

Dinner

OMELET OF THE WEEK: TWO CHEESE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	VEGETABLE SOUP WITH COUSCOUS	FRENCH CANADIAN PEA SOUP	COUNTRY VEGETABLE	CHICKEN NOODLE	 MAPLE SQUASH SOUP WITH MAPLE CHANTILLY CREAM	DUCK & GARBANZO BEANS	LENTIL & PULLED PORK
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	*SPINACH WITH DRIED *CRANBERRIES AND ALMONDS	AVOCADO, PROSCIUTTO ON ICEBERG	*BEET SALAD	MIXED GREENS WITH FRESH FRUIT	SALAD WITH MAPLE WALNUT VINAIGRETTE	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	GRILLED CHEESEBURGER WITH FRENCH FRIES	BAKED SAUSAGE ROLLS WITH GRAVY	BEEF MEATLOAF WITH GRAVY	BAKED BBQ PORK ASIAN STYLE WIT RICE	MARINATED AND ROASTED CHICKEN BREAST WITH GRAVY	BEEF POT PIE WITH GRAVY	GRILLED FLAT IRON STEAK WITH DEMI GLAZE
Entrée 2	MARINATED & ROASTED CHICKEN BREAST WITH GRAVY	ROASTED CHICKEN LEGS WITH GRAVY	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	BAKED MACARONI AND CHEESE	MAPLE SOYA GLAZED SALMON FILET	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	CHICKEN CHOW MEIN
Entrée 3	PAN FRIED SOLE FILET WITH DILL SAUCE	POACHED BASA FILET WITH FRESH GREEN ONIONS & GINGER	POACHED SALMON FILET IN MISO BROTH	FRIED EGG DIPPED BLUE COD FILET WITH LEMON WEDGE	GRILLED MAPLE SAUSAGES WITH SAUERKRAUT	BAKED SALMON AND SAUTEED VEGETABLES QUICHE	POTATO CRUSTED COD FILET WITH TARTAR SAUCE
Starch	POTATO PATTIES	ROASTED POTATOES	BOILED YELLOW POTATOES WITH DILL	FRENCH FRIES	MASHED POTATOES	POTATO LAYONNAISE	BAKED 1/2 POTATO WITH sour cream
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BABY CARROTS	SLICED *BEETS	CORN NIBLETS	BAKED *TOMATO	*BROCCOLI FLORETS	SPAGHETTI SQUASH	SLICED CARROTS
Vegetable	BAKED ACORN SQUASH	STEAMED BOK CHOY	SAVOY CABBAGE	*CAULIFLOWER	SLICED CARROTS	BRUSSEL SPROUTS	WHOLE GREEN *BEANS
FEATURED Dessert	MIXED BERRY CRUMBLE CAKE	COCONUT PUDDING	ASSORTED CAKES	BAKED LEMON PUDDING	MAPLE WALNUT ICE CREAM WITH MAPLE GARNISH	APPLE PIE	TRIPLE CHOCOLATE FUDGE CAKE



* Menu item contains a Superfood.

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS
BEETS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES
EGGS

FATTY FISH
NUTS
PEACHES
RASPBERRIES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

