



INSPIRED
SENIOR LIVING

Menu for the Week of February 13 - February 19, 2023



Dinner

OMELET OF THE WEEK: SMOKED *SALMON & DILL

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN, BACON & POTATO CHOWDER	HAPPY VALENTINE'S DAY! BUTTERNUT SQUASH SOUP	MEDITERRANEAN CHICPEA SOUP	MISO SOUP	CHICKEN NOODLE	CLEAR *FISH SOUP	CREAM OF APARAGUS SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SMOKED *SALMON & SLICED BOILED EGGS SALAD	MIXED GREEN SALAD WITH FRESH *BERRIES	*BEET SALAD WITH RED ONIONS & MANDARIN ORANGES	FRESH PAPAYA ON ICEBERG LETTUCE	FESTIVE SALAD WITH *AVOCADO, CORN, CHERRY *TOMATOES ON LETTUCE	CRISPY PANCETTA WITH CUCUMBER RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE, GRAPES & HONEYDEW
Entrée 1	CHINESE BEEF STEW WITH SHIITAKE MUSHROOMS & DAIKON	ROASTED RIB EYE OF BEEF WITH YORKSHIRE OUDDING & DEMI-GLAZE	SWEET & SOUR PORK WITH STEAMED RICE	GRILLED SKINLESS BREAFAST SAUSAGES WITH POTATO & CARAMALIZED ONION	BBQ PORK - ASIAN SYLE WITH STEAMED RICE	BAKED VEAL CHAMPIGNON WITH GRAVY	PULLED PORK SANDWICH WITH CRUNCHY SLAW & YAM FRIES
Entrée 2	LINGUINE CHICKEN PRIMAVERA WITH PARMESAN CHEESE & GARLIC BREAD	ROASTED CORNISH GAME HEN WITH OYSTER MUSHROOM GRAVY	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	BAKED CHICKEN BREAST WITH GRAVY	ROAST CHICKEN THIGHS WITH GRAVY	ROASTED TURKEY BREAST WITH STUFFING & GRAVY
Entrée 3	TORPEDO PRAWNS WITH ONION RINGS & TARTAR SAUCE	POACHED *SALMON FILET WITH FRESH DILL SAUCE	PRWN RISOTTO WITH *TOMATOES & PEAS	BAKED SMOKED *SALMON QUICHE WITH SALAD	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	ASIAN STYLE BAKED *SALMON FILET	PAN FRIED COD LOIN WITH TARTAR SAUCE
Starch	POTATO PATTIES	CREAMY MASHED POTAOTES	ROASTED HERBED POTATOES	MASHED SWEET POTATOES WITH CHIVES	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	POTATO O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE		ACORN *SQUASH	RED SWISS CHARD	GREEN *BEANS	ROASTED BUTTERNUT *SQUASH	YELLOW ZUCCHINI
Vegetable	SLICED CARROTS	SAUTEED FRESH VEGETABLES	MASHED YELLOW TURNIPS & CARROTS	CORN NIBLETS	CAULIFLOWER	BRAISED GREEN CABBAGE	SLICED BEETS
FEATURED Dessert	COCONUT PUDDING	*STRAWBERRY SHORTCAKE	BANANA FLAMBE	FESTIVE SUGAR CREAM YULE LOG	CRÈME BRULE CHEESECAKE	ASSORTED DESSERTS	BOSTON CREAM PIE

* 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

