



INSPIRED
SENIOR LIVING



Menu for the Week of February 6 - February 12, 2023

Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER	3 MUSHROOM & BARLEY	CHICKEN NOODLE	TOMATO RICE	GREEN CABBAGE & POT.	PORK & PASTA	CREAM OF *BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH FRESH *BLUEBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & RASPBERRIES	SHRIMP COCKTAIL	CHERRY TOMATO, RED ONION, YELLOW PEPPER SALAD	WALDORF SALAD	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	BRAISED BEEF & VEGETABLE STEW WITH MASHED POTATOES	BRAISED CURRIED LAMB WITH STEAMED RICE	PAN SEARED PEROGIES WITH ONIONS, BACON & SOUR CREAM	STICKY CHINESE MEATBALLS WITH STEAMED RICE	HOT DOG WITH DICED ONIONS, SAUERKRAUT RELISH & FF	EGG BENEDICT (CANADIAN STYLE BACON, POACHED EGG ON ENGLISH MUFFIN & HOLLANDAISE SAUCE)	SLOW ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	GRILLED CHICKEN BREAST WITH PEANUT SAUCE	ROASTED CHICKEN BREAST WITH PESTO SAUCE	MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY	CHICKEN VEGETABLE STIRFRY NOODLES	BUTTER CHICKEN WITH STEAMED RICE	TERIYAKI CHICKEN BREAST
Entrée 3	BAKED HOISIN SALMON	SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE	SALMON BURGER WITH FRENCH FRIES	POACHED SEAFOOD COMBO(SALMON, BASA, PRAWN)	POTATO CRUSTED COD FILET WITH TARTAR SAUCE	BAKED BREADED SOLE FILET WITH TARTAR SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED YAM POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	*BROCCOLINI	PARSLIED CAULIFLOWER	GREEN & YELLOW *BEANS	GLAZED CARROTS	CORN & TARRAGON	*BROCCOLI FLORETS	BRUSSEL SPROUTS
Vegetable	BABY CARROTS	PEAS	BAKED *TOMATOES	SPAGHETTI SQUASH	BABY BOK CHOY	SLICED *BEETS	TURNIPS
FEATURED Dessert	LEMON MERINGUE PIE	APPLE & MANGO COBBLER	COCONUT PANNA COTTA	ASSORTED DESSERTS	CREAM PUFFS	STEWED MIXED FRUIT MEDLY WITH WHIPPED CREAM	COCONUT & PINEAPPLE CUSTARD



* Menu item contains a Superfood.

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES

FATTY FISH
NUTS
PEACHES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

