



INSPIRED
SENIOR LIVING



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

Menu items are subject to change due to availability of product. * Please check the Daily Menu Board*

Dinner

OMELET OF THE WEEK: HAM & CHEESE

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|---|--|---|---|---|---|---|
| Appetizer: SOUP | LENTIL | CURRIED CAULIFLOWER | CHICKEN NOODLE | FRENCH ONION | <i>ST. PATRICK'S DAY</i> GREEN LEEK & POTATO SOUP | VEGETARIAN TORTILLA | WILD RICE |
| | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE |
| Appetizer: SALAD | FRESH *APPLES & MANGO ON ICEBERG LETTUCE | CAESAR SALAD | *SPINACH SALAD WITH PINEAPPLE & ROASTED COCONUT | SNAP PEAS & RADISH SALAD | AVOCADO AND PROSCIUTTO SALAD | ICEBERG LETTUCE WITH *WALNUTS, GRAPES, *RASPBERRIES | POTATO SALAD |
| Entrée 1 | MAPLE SAUSAGES WITH SAUERKRAUT | BOILED BEEF WITH CARROTS, GREEN CABBAGE & HORSERADISH | WINE BRAISED BEEF & MUSHROOMS WITH RICE | BRAISED PORK CHOPS | BRAISED IRISH STEW WITH DUMPLINGS | HOT DOG WITH FRENCH FRIES | BRAISED BBQ PORK DRUMMIES |
| Entrée 2 | ROASTED TURKEY BREAST WITH STUFFING & GRAVY | COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE | ROASTED CHICKEN DRUMSTICKS WITH GRAVY | TURKEY POT PIE WITH GRAVY | CHICKEN & VEGETABLE STIR FRY WITH NOODLES | BRAISED MOROCCAN STYLE CHICKEN THIGHS | PESTO CHICKEN BREAST |
| Entrée 3 | BAKED HOISIN GLAZED WILD ALASKAN POLLOCK FILETS | GRILLED *SALMON FILET WITH DILL SAUCE | BREADED SOLE FILET WITH TARTAR SAUCE | POACHED BASA FILET WITH FRESH GINGER & GREEN ONIONS | BAKED S.D. *TOMATO CRUSTED HADDOCK FILET | GARLIC PRAWN SKEWERS WITH LEMON WEDGE | PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE |
| Starch | MASHED POTATOES | PARSLIED BOILED POTATOES | POTATO PATTIES | MASHED SWEET POTATOES | WHIPPED POTATOES | ROASTED POTATOES | POTATO LYONNAISE |
| | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE |
| Vegetable | CARROTS | BRUSSEL SPROUTS | BROCCOLI FLORETS | BUTTERED CORN | MIXED VEGETABLES | BAKED *TOMATO | GREEN *BEANS |
| Vegetable | BABY BOK CHOY | YELLOW TURNIPS | BUTTERNUT SQUASH | ZUCCHINI | CORN, PEAS AND DICED CARROTS | CAULIFLOWER | SPAGHETTI SQUASH |
| FEATURED Dessert | CHEESECAKE WITH RASPBERRY SAUCE | PINEAPPLE UPSIDE DOWN CAKE | H.M. APPLE STRUDEL | MANGO AND CHERRY CREPES | DALE'S H.M. GREEN VELVET CAKE INDIVIDUAL LAYERED LIME JELLO | LEMON TARTS | CHOCOLATE ECLAIR |



* 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

