



INSPIRED SENIOR LIVING




## Menu for the Week of March 27 - April 2, 2023

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

# Dinner

### OMELET OF THE WEEK: PAYSAN (BACON, POTATOES & SAUTEED ONIONS)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	POTATO LEEK	TOMATO DILL	MULLIGATAWNY	CHICKEN NOODLE	 <b>MEXICO DINNER</b> MEXICAN TORTILLA SOUP	PUREED PEA	CREAM OF BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	WINTER GREENS & BERRY SALAD	HAM, LETTUCE TOMATO SALAD	FENNEL & FRESH PEAR & DRIED *CRANBERRY	GREEN SALAD WITH MANGO & *STRAWBERRY	PAPAYA-MANGO SLAW	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	BBQ PULLED PORK SANDWICH WITH COLESLAW & FF	CHILI CON CARNE WITH CORNMEAL BREAD	BRAISED SWISS STEAK	BEEF & VEGETABLE STIR FRY WITH STEAMED RICE	MEXICAN STYLE PULLED PORK BURRITO WITH SALSA, SOUR CREAM & GUACAMOLE	BAKED HAM WITH RAISIN SAUCE	GRILLED CHEESEBURGER TOPPED WITH CRISPY BACON & FF
Entrée 2	ROASTED CHICKEN LEGS WITH GRAVY	ROASTED FIVE SPICE DUCK LEG WITH RICE	WHOLE ROASTED CHICKEN WITH STUFFING GRAVY	CHICKEN POT STICKERS SPRING ROLLS	ROASTED TURKEY BREAST WITH CRANBERRY STUFFING & GRAVY	ROASTED CHICKEN THIGHS WITH GRAVY	CHICKEN & VEGETABLES CHOW MEIN
Entrée 3	BAKED SALMONFILET TERIYAKI GLAZE	BAKED BASA FILET WITH BABY SHRIMP, SAUCE	TUNA MELT SANDWICH WITH COLESLAW & FF	BAKED SMOKED SALMON QUICHE	BAKED CILANTRO-LIME SALMON IN FOIL	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	MISO BROTH POACHED BASA FILET
Starch	MASHED POTATOES	BOILED POTATOES WITH FRESH PARSLEY	POTATO PATTIES	ROASTED RED POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	*BROCCOLI FLORETS	SEASONED PEAS	BRAISED RED CABBAGE	SPAGHETTI *SQUASH	ASPARAGUS	GREEN KALE	BEETS
Vegetable	WAX *BEANS	BUTTERED CORN	BAKED ACORN SQUASH	SUI CHOY & *SPINACH	ROASTED BUTTERNUT SQUASH	YELLOW ZUCHINI	GREEN BEANS
FEATURED Dessert	INDIVIDUAL PEACH YOGURT FRUIT CUP	CARAMEL VANILLA SWIRL CAKE	DATE SQUARE	RICE PUDDING	CARIBBEAN SPICED RUM CAKE	CHERRY TARTS	INDIVIDUAL LEMON JELLO

\* 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

