



INSPIRED  
SENIOR LIVING



## Menu for the Week of April 24 - April 30, 2023

# Dinner

### OMELET OF THE WEEK: TWO CHEESE

| Week 1              | Monday  | Tuesday  | Wednesday                              | Thursday                                    | Friday   | Saturday   | Sunday   |
|---------------------|---|--|--|---|--|--|--|
| Appetizer:<br>SOUP  | BEEF MEATBALLS & COUSCOUS                       | CREAM OF MUSHROOM  | GREEN *LENTIL & VEGETABLE SOUP         | CHICKEN NOODLE                              | WON TON  | BORSCHT WITH SOUR CREAM                                  | FRENCH ONION WITH CHEESE CROUTONS                      |
|                     | DAILY CONGEE                                    | DAILY CONGEE   | DAILY CONGEE                           | DAILY CONGEE                                | DAILY CONGEE   | DAILY CONGEE   | DAILY CONGEE   |
| Appetizer:<br>SALAD | *SPINACH WITH DRIED RASPBERRIES AND BRIE CHEESE | SLICED FRESH TOMATOES AND BOCCONCINI CHEESE ON ICEBERG LETTUCE | POTATO SALAD                           | WALDORF SALAD                               | SALAD WITH FRESH PAPAYA & *RASPBERRIES                 | GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES | TANGY PEAR & BLUE CHEESE SALAD                         |
| Entrée 1            | HOMEMADE BAKED BEANS & WIENERS                  | BAKED HAM WITH RAISIN SAUCE                                    | BREADED PORK CUTLETS WITH GRAVY        | BAKED PEPPERONI PIZZA WITH TOSSED SALAD     | BRAISED CABBAGE ROLLS IN *TOMATO SAUCE WITH SOUR CREAM | BRAISED LAMB CHOPS WITH RICE PILAF                       | BBQ PORK ASIAN STYLE WITH STEAMED RICE                 |
| Entrée 2            | ROASTED CHICKEN DRUMSTICKS WITH GRAVY           | ROASTED TURKEY BREAST WITH GARLIC & HERBS, STUFFING & GRAVY    | SWEET & SOUR CHICKEN WITH STEAMED RICE | MARINATED & ROASTED CHICKEN LEGS WITH GRAVY | ROASTED CHICKEN BREAST WITH GRAVY                      | CHICKEN WINGS WITH HONEY GARLIC SAUCE                    | MARINATED & ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE |
| Entrée 3            | BAKED SOLE FILET THE MEDITERRANEAN WAY          | CHINESE STEAMED COD FILET WITH GINGER SCALLION SAUCE           | POACHED SALMON FILET WITH TARTAR SAUCE | SEAFOOD COMBINATION WITH LEMON SAUCE        | PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE               | OVEN BAKED TERIYAKI SALMON SKEWERS                       | BOMBAY CURRY PRAWNS ON COCONUT RICE                    |
| Starch              | MASHED SWEET POTATOES                           | ROASTED POTATOES   | BOILED YELLOW POTATOES WITH DILL       | MASHED POTATOES                             | SCALLOPED 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                                    | STEAMED PEAS   | BRUSSEL SPROUTS                        | *CAULIFLOWER                                | GREEN KALE   | BUTTERED CORN  | SLICED CARROTS   |
| Vegetable           | GREEN KALE                                      | BAKED ACORN *SQUASH  | MASHED YELLOW TURNIPS & CARROTS        | *BROCCOLI FLORETS                           | YELLOW *BEANS  | BAKED *TOMATO  | WHOLE GREEN *BEANS                                     |
| FEATURED Dessert    | PEACH COBBLER                                   | COCONUT PUDDING  | COCONUT LAYER CAKE                     | TRIPLEBERRY CRUMBLE BAR                     | *APPLE & RAISIN CREPES                                 | LEMON MERINGUE PIE                                       | BANANA FLAMBE  |



\* 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

