



INSPIRED  
SENIOR LIVING



## Menu for the Week of April 3 - April 9, 2023

# Dinner

### OMELET OF THE WEEK: \*SPINACH & MOZZARELLA CHEESE

| Week 6              | Monday                                             | Tuesday                                   | Wednesday                          | Thursday                                                                                           | Friday                                            | Saturday                                    | Sunday                                            |
|---------------------|----------------------------------------------------|-------------------------------------------|------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------|---------------------------------------------|---------------------------------------------------|
| Appetizer:<br>SOUP  | CORN CHOWDER                                       | 3 MUSHROOM & BARLEY                       | CHICKEN NOODLE                     | <b>EASTER BUFFET (COLD)</b><br><b>TOSSED GREEN SALAD,</b><br><b>GREEN CABBAGE</b>                  | GREEN CABBAGE & POT.                              | PORK & PASTA                                | <b>EASTER SUNDAY DINNER</b><br>CREAM OF ASPARAGUS |
|                     | DAILY CONGEE                                       | DAILY CONGEE                              | DAILY CONGEE                       | DAILY CONGEE                                                                                       | DAILY CONGEE                                      | DAILY CONGEE                                | DAILY CONGEE                                      |
| Appetizer:<br>SALAD | GREEN SALAD WITH FRESH *BLUEBERRIES & BLUE CHEESE  | ARUGULA SALAD WITH ORANGES & RASPBERRIES  | CAESAR SALAD                       | CABBAGE SALAD,POTATO SALAD, POACHED TIGER PRAWNS,ASPARAGUS & FETA CHEESE SALAD,PASTA CHICKEN SALAD | WALDORF SALAD                                     | ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE   | TIGER PRAWNS ON BUTTER LETTUCE                    |
| Entrée 1            | BRAISED BEEF & VEGETABLE STEW WITH MASHED POTATOES | ROASTED PORK TENDERLOIN WITH GRAVY        | SWEDISH MEATBALLS WITH EGG NOODLES | CARVED APRICOT GLAZED BAKED HAM WITH RAISIN & RUM SAUCE                                            | HOT DOG WITH DICED ONIONS, SAUERKRAUT RELISH & FF | SHEPHERDS PIE                               | GRILLED NEW YORK STEAK WITH RED WINE SAUCE        |
| Entrée 2            | ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE         | CHICKEN A LA KING IN PUFF PASTRY          | ROASTED CHICKEN LEGS WITH GRAVY    | BROILED WILD SOCKEYE FILET WITH CRAB SAUCE                                                         | CHICKEN VEGETABLE STIRFRY NOODLES                 | BUTTER CHICKEN WITH STEAMED RICE            | ROASTED TURKEY BREAST WITH STUFFING & GRAVY       |
| Entrée 3            | POACHED SEAFOOD COMBO (SALMON,BASA)                | FISH & CHIPS WITH COLESLAW & TARTAR SAUCE | POLLOCK BURGER WITH FRENCH FRIES   | MARINATED & GRILLED CHICKEN BREAST WITH SAUTEED MUSHROOMS & ONIONS                                 | COD FLORENTINE                                    | BAKED BREADED SOLE FILET WITH TARTAR SAUCE  | OMELETTE OF THE WEEK: SPINACH & MOZZARELLA CHEESE |
| Starch              | GARLIC MASHED POTATOES                             | STEAMED NEW POTATOES                      | ROASTED POTATOES                   | CREAMY MASHED POTATOES                                                                             | ROASTED YAM POTATOES                              | SCALLOPED POTATOES                          | MASHED POTATOES                                   |
|                     | STEAMED RICE                                       | STEAMED RICE                              | STEAMED RICE                       | STEAMED RICE                                                                                       | STEAMED RICE                                      | STEAMED RICE                                | STEAMED RICE                                      |
| Vegetable           | *BROCCOLINI                                        | PARSLIED CAULIFLOWER                      | GREEN & YELLOW *BEANS              | BAKED CANDIED YAMS                                                                                 | CORN NIBLETS                                      | *BROCCOLI FLORETS                           | BRUSSEL SPROUTS                                   |
| Vegetable           | BABY CARROTS                                       | PEAS                                      | BAKED *TOMATOES                    | SAUTEED MIXED VEGETABLES                                                                           | GREEN KALE                                        | WHOLE BABY *BEETS                           | BABY CARROTS                                      |
| FEATURED Dessert    | H.M. INDIVIDUAL TIRAMISU CUPS                      | APPLE & MANGO COBBLER                     | CHOCOLATE CREAM PIE                | ASSORTED DESSERT CAKES & SQUARES                                                                   | BUTTERSCOTCH PUDDING                              | STEWED MIXED FRUIT MEDLY WITH WHIPPED CREAM | INDIVIDUAL CHOCOLATE TRUFFLE CAKE                 |



\* 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

