



INSPIRED  
SENIOR LIVING




## Menu for the Week of May 1 - May 7, 2023

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

# Dinner

### OMELET OF THE WEEK: BABY SHRIMP, GREEN ONION AND FETA CHEESE

Week 2	Monday	Tuesday	Wednesday	Thursday	 Friday	Saturday	Sunday
Appetizer: SOUP	GREEN LENTIL	*EGG DROP SOUP WITH *SPINACH	CHICKEN GUMBO	BUTTERNUT *SQUASH	<b>CINCO DE MAYO DAY</b> MEXICAN TORTILLA SOUP WITH CHICKEN	CHICKEN NOODLE	CREAM OF *BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	TOMATO, CUCUMBER ON ICEBERG LETTUCE	MANGO & BERRY TOSSED SALAD	SLICED PEACHES & RASPBERRIES ON ICEBERG LETTUCE SALAD	SHREDDED LOBSTER MEAT & BOILED *EGGS SALAD	MEXICAN CHOPPED SALAD WITH HONEY LIME DRESSING	FRESH *SPINACH WITH DRIED *CRANBERRIES & TOASTED ALMONDS	CHERRY *TOMATOES & BOCCONCINI CHEESE SALAD
Entrée 1	BAKED VEAL CHAMPIGNON WITH GRAVY	SPAGHETTI BOLOGNESE WITH PARMENSAN CHEESE & GARLIC BREAD	ROASTED CHINESE BBQ PORK TENDERLOIN	GRILLED BAVARIAN BRATWURST SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	SLOW COOKED PORK CHILI WITH BASMATI RICE & SHREDDED CHEDDAR CHEESE	SHEPHERDS PIE WITH GRAVY	ROASTED LEG OF LAMB WITH GRAVY & MINT JELLY
Entrée 2	ASIAN STYLE GRILLED CHICKEN BREAST WITH STEAMED RICE	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE	BAKED CHICKEN THIGHS WITH GRAVY	POACHED CHICKEN BREAST	CHICKEN BURRITO WITH SOUR CREAM, SALSA & GUACAMOLE	TERIYAKI BAKED CHICKEN KABOBS WITH RICE	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED BASA FILET WITH FRESH GINGER & GREEN ONIONS	BAKED HADDOCK FILET WITH TARTAR SAUCE	PAN FRIED BLUE COD FILET WITH CRISPY GINGER	PAN FRIED TILAPIA FILET WITH MILD MARINARA SAUCE	PAN FRIED POLLOCK FILET WITH THAI CHILI SAUCE	POACHED SALMON FILET WITH CAPER SAUCE
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	MASHED YAM POTATOES	WHIPPED POTATOES	ROASTED MEXICAN STYLE POTATOES	FRENCH FRIES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SPAGHETTI *SQUASH	SAUTEED	BRAISED RED CABBAGE	SEASONED PEAS	SAUTEED	BRUSSEL SPROUTS	BALSAMIC *BEETS
Vegetable	*BROCCOLINI	MIXED VEGETABLES	GREEN KALE	PARSLIED *CAULIFLOWER	MIXED VEGETABLES	GLAZED CARROTS	SUI CHOY & *SPINACH
FEATURED Dessert	BAKED *APPLES ( APPLES WITH CARAMEL SAUCE)	CREAMY RICE PUDDING	BUTTER TART BAR	ROCKY ROAD BROWNIE	TRADITIONAL MEXICAN CARAMEL FLAN	VANILLA PUDDING	CHERRIES JUBILEE WITH ICE CREAM



\* 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

