



INSPIRED SENIOR LIVING



Menu for the Week of May 8 - May 14, 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	POTATO LEEK	COUNTRY VEGETABLE WITH RICE	LENTIL SOUP	CREAM OF CAULIFLOWER	LLL - RHUBARB CARROT & RHUBARB SOUP	ITALIAN WEDDING	 MOTHERS DAY CHICKEN NOODLE 
	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	SPRING GREENS, ROASTED WALNUTS & GOAT CHEESE SALAD	ICEBERG LETTUCE WITH *WALNUTS, GRAPES, *RASPBERRIES	FRESH RASPBERRY & GOAT CHEESE ON BUTTER LETTUCE SALAD
Entrée 1	BAKED SAUSAGE ROLLS WITH MASHED POTATOES & GRAVY	BOILED BEEF WITH CARROTS, GREEN CABBAGE & HORSERADISH	SALISBURY STEAK WITH MUSHROOM & GRAVY	BRAISED PORK CHOPS	SLOW COOKED PERSIAN LAMB & RHUBARB STEW WITH BASMATI RICE	SAUCY SESAME MEATBALLS WITH STEAMED RICE	GRILLED FILET MIGNON WITH RED WINE DEMI GLAZE
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	ROASTED CHICKEN THIGHS WITH RHUBARB MARMALADE	MARINATED & ROASTED CHICKEN BREAST WITH GRAVY	ROASTED STUFFED CHICKEN LEGS WITH HONEY BRANDY GLAZE
Entrée 3	BAKED GINGER SOY TILAPIA FILET	COQUILLE ST. JACQUES (FRENCH CLASSIC)	BREADED SOLE FILET WITH TARTAR SAUCE	CANTONESE STEAMED COD FILET	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	POACHED SALMON FILET WITH GINGER & GREEN ONIONS	BUTTER POACHED LOBSTER TAIL
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	POTATO PATTIES	MASHED SWEET POTATOES	POTATO LYONNAISE	ROASTED POTATOES	MASHED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CARROTS	BRUSSEL SPROUTS	BROCCOLI FLORETS	BUTTERED CORN	YELLOW BEANS	BAKED *TOMATO	SAUTEED
Vegetable	PEAS	TURNIPS	DICED BEETS	ZUCCHINI	SAVOY CABBAGE	CAULIFLOWER	MIXED VEGETABLES
FEATURED Dessert	CHEESECAKE WITH RASPBERRY SAUCE	PINEAPPLE UPSIDE DOWN CAKE	BANANA FLAMBE	TRIPLE CHOCOLATE FUDGE CAKE	RHUBARB & STRAWBERRY PIE	FRESH KIWI TARTS	WARM HOMEMADE CHOCOLATE MOLTEN CAKE

* 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

