



INSPIRED  
SENIOR LIVING

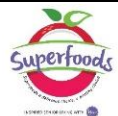


## Menu for the Week of September 18 - September 24, 2023

# Dinner

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

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER	THREE MUSHROOM BARLEY	CHICKEN NOODLE	TOMATO RICE	<i>OKTOBERFEST DINNER</i> GERMAN POTATO & BACON SOUP WITH	PORK & PASTA	HOT AND SOUR SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH FRESH LOCAL *BLUEBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & DRIED CRANBERRIES	SHRIMP COCKTAIL	CHERRY TOMATO, RED ONION, YELLOW PEPPER SALAD	GERMAN CONFETTI SALAD (POTATO & HAM)	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	BRAISED BEEF & VEGETABLE STEW WITH MASHED POTATOES	OVERNIGHT ROASTED PORK BELLY WITH STEAMED RICE	ASSORTED BEEF COLD CUTS (RST. BEEF, HAM & CORNEB BEEF WITH POTATO SALAD & VEGETABLES	SWEDISH MEATBALLS WITH EGG NOODLES	BAKED OKTOBERFEST SAUSAGES WITH OKTOBERFEST BRAISED RED CABBAGE	BRAISED VEAL OSSO BUCCO	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	CREAMY CHICKEN CARBONARA PENNE PASTA WITH GARLIC BREAD	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY	GERMAN STYLE CHICKEN SCHNITZEL WITH LEMON WEDGE	BUTTER CHICKEN WITH STEAMED RICE	CHICKEN QUESADILLA WITH SALAD, SOUR CREAM, SALSA
Entrée 3	BAKED HADDOCK FLORENTINE	CANTONESE STYLE STEAMED BASA FILET	SALMON BURGER WITH FRENCH FRIES	POACHED SEAFOOD COMBO (SALMON, BASA, PRAWN)	POACHED SALMON FILET WITH SHRIMP SAUCE	BAKED BREADED SOLE FILET WITH TARTAR SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLINI	PARSLIED CAULIFLOWER	GREEN & YELLOW *BEANS	GLAZED CARROTS	GREEN *BEANS	*BROCCOLI FLORETS	BRUSSEL SPROUTS
Vegetable	BABY CARROTS	PEAS	BAKED *TOMATOES	SPAGHETTI SQUASH	CORN ON THE COB	DICED *BEETS	TURNIPS
FEATURED Dessert	LEMON MERINGUE PIE	TRIPLE CHOCOLATE CHUNK BROWNIE	INDIVIDUAL ORANGE JELLO	CARROT CAKE	GERMAN CHOCOLATE CAKE	STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM	COCONUT CREAM PIE



\* 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

