



INSPIRED
SENIOR LIVING

Menu for the Week of September 25 - October 1, 2023



Dinner

OMELET OF THE WEEK: SMOKED *SALMON & DILL

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	SCOTCH BROTH	CORN, BACON & POTATO CHOWDER	HEARTY TOMATO & VEGETABLE	BUTTERNUT SQUASH	BEEF RICE	CHICKEN NOODLE	CLEAR FISH SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SMOKED SALMON & SLICED BOILED EGGS SALAD	PAPAYA & PINEAPPLE ON ICEBERG LETTUCE	*BEET SALAD WITH RED ONIONS & MANDARIN ORANGES	FRESH BERRIES ON ICEBERG LETTUCE	FESTIVE SALAD AVOCADO, CORN, CHERRY TOMATOES ON LETTUCE	CRISPY PANCETTA WITH CUCUMBER, RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE AND GRAPES, HONEYDEW
Entrée 1	CHINESE BEEF DAIKON STEW WITH RICE	SALISBURY STEAK WITH MUSHROOMS GRAVY	SWEET & SOUR PORK WITH STEAMED RICE	GRILLED SKINLESS BREAKFAST SAUSAGES WITH POTATO & CARAMALIZED ONION	BREADED VEAL CUTLETS WITH GRAVY	BBQ PORK ASIAN STYLE WITH STEAMED RICE	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY
Entrée 2	LINGUINE CHICKEN PRIMAVERA WITH PARMESAN CHEESE & GARLIC BREAD	ROASTED CHICKEN LEGS WITH BBQ GLAZE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	BAKED LEMON ROSEMARY CHICKEN BREAST	ROAST CHICKEN THIGHS WITH GRAVY	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES & TARTAR SAUCE	POACHED COD FILET WITH FRESH GINGER & GREEN ONIONS	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	POACHED SALMON FILET WITH HOLLANDAISE SAUCE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	GREEK STYLE BAKED RED SNAPPER FILET	BUTTER BAKED HADDOCK FILET
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	MASHED SWEET POTATOES WITH CHIVES	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	ACORN *SQUASH	RED SWISS CHARD	WHOLE GREEN BEANS	BAKED *TOMATO	MIXED
Vegetable	SLICED CARROTS	DICED *BEETS	MASHED TURNIPS & CARROTS	CORN NIBLETS	CAULIFLOWER	BRAISED GREEN CABBAGE	VEGETABLES
FEATURED Dessert	LEMON PUDDING	NANAIMO BARS	BANANA FLAMBE	BAKED EGG CUSTARD	WHIPPED PINEAPPLE JELLO	PECAN STREUSEL CAKE	CHERRY PIE



* 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

