





INSPIRED SENIOR LIVING



Menu for the Week of October 9 - October 15, 2023

Dinner

OMELET OF THE WEEK: TWO CHEESE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	 THANKSGIVING DINNER BUTTERNUT SQUASH SOUP	CREAM OF MUSHROOM	SPLIT PEA & HAM	CHICKEN NOODLE	 LLL: APPLES PUREED CARROT-GINGER & APPLE SOUP	BORSCHT WITH SOUR CREAM	FRENCH ONION WITH CHEESE CROUTONS
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH RASPBERRIES & BLACKBERRIES ON ICEBERG LETTUCE	TORTELLINI SALAD	BEET SALAD WITH COTTAGE CHEESE	FRESH PAPAYA AND RASPBERRIES ON ICEBERG LETTUCE	WALDORF SALAD	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING & GRAVY	BAKED HAM WITH RAISIN SAUCE	OVERNIGHT ROASTED PORK BELLY	BAKED HAWAIIAN PIZZA WITH TOSSED SALAD	BEEF WELLINGTON WITH APPLE GLAZE SAUCE	GRILLED SAUSAGES WITH SAUERKRAUT	BRAISED CHINESE BEEF DAIKON STEW WITH RICE
Entrée 2	ROASTED TURKEY WITH STUFFING, GRAVY & CRANBERRY CHUTNEY	CHINESE A LA KING IN PUFF PASTRY	SWEET & SOUR CHICKEN WITH STEAMED RICE	MARINATED & ROASTED CHICKEN LEGS WITH GRAVY	ROASTED BREADED CHICKEN WITH APPLE RELISH	CHICKEN WINGS WITH HONEY GARLIC SAUCE	MARINATED AND ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE
Entrée 3	PAN FRIED WILD SOCKEYE SALMON WITH GARLIC BUTTER SAUCE	CHINESE STYLE STEAMED COD FILET WITH GINGER SCALLION SAUCE	POACHED SALMON FILET WITH TARTAR SAUCE	PAN SEARED ROCKFISH FILET WITH LEMON CAPER SAUCE	POACHED SALMON FILET WITH GINGER & GREEN ONIONS	GARLIC PRAWN SKEWERS WITH LEMON WEDGE	BOMBAY CURRY PRAWNS WITH CHOPPED BASIL, CILANTRO
Starch	MASHED POTATOES	ROASTED POTATOES	BOILED POTATOES WITH DILL	MASHED POTATOES	POTATOES LYONNAISE	POTATO LAYONNAISE	BAKED 1/2 POTATO WITH SOUR CREAM
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BABY CARROTS	STEAMED PEAS	BRUSSEL SPROUTS	SNAP PEAS	BROCCOLI & CAULIFLOWER	BUTTERED CORN	SLICED CARROTS
Vegetable	ASPARAGUS	SPAGHETTI *SQUASH	MASHED YELLOW TURNIPS & CARROTS	YELLOW *BEETS	CORN ON THE COB	BAKED *TOMATO	WHOLE GREEN *BEANS
FEATURED Dessert	HARVEST PUMPKIN CHEESECAKE	COCONUT PUDDING	H.M. APPLE CRUMBLE WITH ICE CREAM	TRIPLEBERRY CRUMBLE BAR	APPLE PIE WITH ICE CREAM	LEMON MERINGUE PIE	BANANA FLAMBE



* Menu item contains a Superfood.

Choose Superfoods more often for optimal health

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APPLES
AVOCADO
BEANS & LENTILS
BEETS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES
EGGS

FATTY FISH
NUTS
PEACHES
RASPBERRIES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

