



INSPIRED  
SENIOR LIVING



## Menu for the Week of October 16 - October 22, 2023

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

# Dinner

### OMELET OF THE WEEK: CRAB MEAT, GREEN ONION AND FETA CHEESE

| Week 2              | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  | Sunday   |
|---------------------|---|--|---|--|---|---|--|
| Appetizer:<br>SOUP  | GREEN LENTIL  | *EGG DROP SOUP WITH<br>*SPINACH                                | CHICKEN GUMBO   | BUTTERNUT *SQUASH  | TOMATO BISQUE   | TURKEY MEATBALL &<br>NOODLE   | CREAM OF *BROCCOLI                               |
|                     | DAILY CONGEE  | DAILY CONGEE   | DAILY CONGEE  | DAILY CONGEE   | DAILY CONGEE  | DAILY CONGEE  | DAILY CONGEE                                     |
| Appetizer:<br>SALAD | TOMATO, CUCUMBER ON<br>ICEBERG LETTUCE                    | MANGO & BERRY TOSSED<br>SALAD                                  | SLICED PEACHES &<br>RASPBERRIES ON<br>ICEBERG LETTUCE SALAD | SHREDDED CRAB MEAT &<br>BOILED *EGGS SALAD                             | TOASTED PECANS,<br>STRAWBERRIES ON<br>ICEBERG LETTUCE       | FRESH *SPINACH WITH<br>DRIED CRANBERRIES &<br>TOASTED ALMONDS<br>TACO SALAD (ROM) | CHERRY *TOMATOES &<br>BOCCONCINI CHEESE<br>SALAD |
| Entrée 1            | BAKED VEAL<br>CHAMPIGNON WITH<br>GRAVY                    | SPAGHETTI BOLOGNESE<br>WITH PARMENSAN<br>CHEESE & GARLIC BREAD | ROASTED PORK<br>TENDERLOIN WITH<br>BLUEBERRY SAUCE          | GRILLED MAPLE PORK<br>SAUSAGES WITH<br>SAUERKRAUT & MASHED<br>POTATOES | BRAISED CABBAGE ROLLS<br>IN TOMATO SAUCE WITH<br>SOUR CREAM | LETTUCE, DICED<br>TOMATO, BEANS,<br>AVOCADO, CHIPS,<br>CHEESE, GROUND BEEF        | ROASTED LEG OF LAMB<br>WITH GRAVY & MINT JELLY   |
| Entrée 2            | ASIAN STYLE GRILLED<br>CHICKEN BREAST                     | CHICKEN FINGERS WITH<br>CAESAR SALAD & PLUM<br>SAUCE           | BAKED CHICKEN THIGHS<br>WITH GRAVY                          | POACHED CHICKEN<br>BREAST  | ROASTED CHICKEN LEGS<br>WITH GRAVY                          | TERIYAKI BAKED CHICKEN<br>KABOBS WITH RICE PILAF<br>& TZATZIKI SAUCE              | BAKED CHICKEN CORDON<br>BLEU WITH GRAVY          |
| Entrée 3            | PAN FRIED LOBSTER CAKE<br>WITH TARTAR SAUCE               | BAKED PESTO CRUSTED<br>BASA FILET                              | BAKED SOYA GINGER<br>COD FILET                              | PAN FRIED BLUE<br>HADDOCK FILET WITH<br>LEMON SAUCE                    | MAPLE ORANGE GLAZED<br>SALMON FILET                         | FISH & CHIPS WITH<br>COLESLAW & TARTAR<br>SAUCE                                   | LEMON PEPPER COD FILET<br>WITH CHIVE CREAM SAUCE |
| Starch              | ROASTED ROSEMARY<br>POTATOES                              | STEAMED POTATOES   | MASHED YAM POTATOES   | WHIPPED POTATOES   | POTATO PATTIES  | FRENCH FRIES  | POTATOES O'BRIEN                                 |
|                     | STEAMED RICE  | STEAMED RICE   | STEAMED RICE  | STEAMED RICE   | STEAMED RICE  | STEAMED RICE  | STEAMED RICE                                     |
| Vegetable           | YELLOW WAXED *BEANS                                       | GREEN KALE   | BRAISED RED CABBAGE   | SEASONED PEAS  | BAKED ACORN SQUASH  | BRUSSEL SPROUTS   | BALSAMIC *BEETS                                  |
| Vegetable           | *BROCCOLINI   | BUTTERED CORN  | GREEN BEANS<br>ALMANDINE                                    | PARSLIED *CAULIFLOWER  | ASPARAGUS   | GLAZED CARROTS  | SUI CHOY & *SPINACH                              |
| FEATURED<br>Dessert | H.M. BAKED *APPLES<br>(GALA APPLES WITH<br>CARAMEL SAUCE) | CREAMY RICE PUDDING  | BUTTER TART BAR   | ROCKY ROAD BROWNIE   | BOSTON CREAM PIE  | PECAN TARTS   | CHERRIES JUBILEE WITH<br>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

