



INSPIRED
SENIOR LIVING



Menu for the Week of October 23 - October 29, 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	PESTO TORTELLINI	LENTIL SOUP	COCONUT CURRY SOUP	MISO SOUP	CHICKEN NOODLE	CARROT AND GINGER
	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	SHREDDED CRAB MEAT & SLICED EGGS SALAD	ICEBERG LETTUCE WITH *WALNUTS, GRAPES, *RASPBERRIES	POTATO 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	BRATWURST SAUSAGES WITH SAUERKRAUT	MEATBALLS IN TOMATO SAUCE & EGG NOODLES	BBQ PULLED PORK SANDWICH WITH CRUNCHY COLESLAW AND YAM FRIES
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	SOUTHERN ITALY SPINACH & RICOTTA FRITTATA	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	TURKEY POT PIE WITH GRAVY	ROASTED GAM HEN WITH GRAVY	ROASTED TERIYAKI GLAZE CHICKEN LEGS	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	BAKED GINGER - SOY TILAPIA FILET	PAN FRIED WILD SOCKEYE FILET	BREADED SOLE FILET WITH TARTAR SAUCE	CANTONESE STYLE COD FILET	BAKED SALMON WELLINGTON	BAKED ASIAN STYLE SALMON FILET	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	POTATO PATTIES	MASHED SWEET POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CARROTS	MIXED	BROCCOLI FLORETS	BUTTERED CORN	BEETS	BAKED *TOMATO	GREEN BEANS
Vegetable	BOK CHOY	VEGETABLES	BAKED ACORN	ZUCCHINI	ASPARAGUS	*CAULIFLOWER	SPAGHETTI SQUASH
FEATURED Dessert	CHEESECAKE WITH RASPBERRY SAUCE	PINEAPPLE UPSIDE DOWN CAKE	BANANA FLAMBE	TRIPLE CHOCOLATE FUDGE CAKE	RAISIN SQUARES	*BLUEBERRY TARTS	BUTTER TART BARS



* Menu item contains a Superfood.



APPLES
AVOCADO

BLACKBERRIES
BLUEBERRIES

CAULIFLOWER
CHERRIES

FATTY FISH
NUTS

SPINACH
STRAWBERRIES





Choose Superfoods more often for optimal health



AVOCADO
BEANS & LENTILS
BEETS

BLUEBERRIES
BRAN & OAT
BROCCOLI

CHEERRIES
CRANBERRIES
EGGS

NUTS
PEACHES
RASPBERRIES

STRAWBERRIES
SQUASH
TOMATO
YOGURT

