





INSPIRED SENIOR LIVING



## Menu for the Week of October 30 - November 5, 2023

# Dinner

### OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, MUSHROOM)

Week 4	Monday	 Tuesday	Wednesday	Thursday	 Friday	Saturday	Sunday
Appetizer: <b>SOUP</b>	*TOMATO & VEGETABLE DAILY CONGEE	<b>DEMON CREAM OF CAULIFLOWER SOUP</b> DAILY CONGEE	CLAM CHOWDER DAILY CONGEE	BEEF NOODLE DAILY CONGEE	<b>CRANBERRY CHICKEN NOODLE</b> DAILY CONGEE	CHICKEN SOUP DAILY CONGEE	CREAM OF ASPARAGUS DAILY CONGEE
Appetizer: <b>SALAD</b>	MIXED GREENS WITH FRESH BERRIES	<b>BOILED "SPIDER" EGGS WITH CRISPY "MUMMY" BACON ON ICEBERG LETTUCE</b>	RADISH & CUCUMBER SALAD	*STRAWBERRY & ORANGE SPRING SALAD	MIXED GREEN SALAD WITH ORANGES, CRANBERRIES & PECANS	GREEN CABBAGE SALAD WITH MANGO & DRIED *CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUIT (HONEYDEW, CANTALOUPE & WATERMELON)
<b>Entrée 1</b>	BAKED BEANS & WEINERS	<b>ROASTED "WEREWOLF" BBQ PORK-CHINESE STYLE WITH STEAMED RICE</b>	CHILI CON CORNE WITH CORNMEAL BREAD	BRAISED LAMB CHOPS	BAKED CHICKEN STUFFED WITH THREE CHEESE, APPLE & CRANBERRY WITH GRAVY	BRAISED BONELESS BEEF SHORTRIBS	ROASTED ROSEMARY PORK LOIN WITH GRAVY
<b>Entrée 2</b>	ROASTED HERB CHICKEN BREAST WITH CRANBERRY SAUCE	<b>GRILLED "WITCHES BREW" CHICKEN SKEWERS WITH "ZOMBIE" TZATZIKI SAUCE</b>	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	TERIYAKI CHICKEN WINGS	MAUI SHROT RIBS WITH RICE PILAF	BUTTER CHICKEN WITH RICE & NAAN BREAD	POTATO CHEDDAR PEROGIES WITH SAUTEED ONIONS, BACON & SOUR CREAM
<b>Entrée 3</b>	BAKED TARTAR BASA FILET	<b>INDIVIDUAL BABY SHRIMP &amp; SAUTEED VEGETABLES QUICHE</b>	PAN FRIED CRAB CAKE WITH TARTAR SAUCE		BAKED COD FILET WITH LEMON WEDGE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	POACHED SALMON FILET WITH CAPER SAUCE
Starch	POTATO PATTIES	<b>BOILED "EYEBALL" POTATOES WITH DILL</b>	ROASTED YAM POTATOES	POTATO LYONNAISE	ROASTED SMASHED POTATOES	SCALLOPED POTATOES	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED CARROTS	<b>"BLACK CAT" ASPARAGUS</b>	BRUSSEL SPROUTS	SUGAR SNAP PEAS	BROCCOLINI	CORN	GREEN *BEANS
Vegetable	BABY BOK CHOY	<b>"GOBLIN" BABY CARROTS</b>	MASHED TURNIPS & CARROTS	YELLOW *BEANS	YELLOW ZUCCHINI	ZUCCHINI	BAKED *TOMATOES
<b>FEATURED Dessert</b>	FRUIT COMPOTE WITH BAVARIAN CREAM	<b>"FRANKENSTEIN" PUMPKIN PIE WITH WHIPPED CREAM</b>	LEMON MERINGUE PIE	INDIVIDUAL RICE PUDDING		CHOCOLATE BROWNIE	BANANA CREAM 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  
YOGURT

