



INSPIRED
SENIOR LIVING





Menu for the Week of November 6 - November 12, 2023

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

Dinner

OMELET OF THE WEEK: PAYSAN (BACON, POTATOES & SAUTEED ONIONS)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	 Saturday	 Sunday
Appetizer: SOUP	COCK A LEEKIE	TOMATO DILL	MULLIGATAWNY	CHICKEN POTSTICKER	CHICKEN NOODLE	<i>Don't We Forget</i> REMEMBRANCE DAY PUREED PEA	HAPPY DIWALI NAVY BEAN SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	WINTER GREENS & DAILY SALAD	BACON, LETTUCE TOMATO SALAD	FENNEL & FRESH PEAR & DRIED *CRANBERRY	GREEN SALAD WITH MANGO & *STRAWBERRY	SHREDDED CARROT WITH RAISIN SALAD	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	BEEF POT PIE	SALISBURY STEAK WITH MUSHROOM GRAVY	BRAISED SWISS STEAK	BEEF & VEGETABLE STIR FRY, STEAMED RICE	BANGER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	CHINESE STYLE BBQ PORK WITH STEAMED RICE	GRILLED CHEESEBURGER TOPPED WITH CRISPY BACON & FF
Entrée 2	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	FIVE SPICE ROASTED DUCK LEGS WITH CINNAMON CHERRY SAUCE	WHOLE ROASTED CHICKEN WITH STUFFING & GRAVY	ROASTED GARLIC & ROSEMARY CHICKEN BREAST	COUNTYR STYLE CHICKEN SCHNITZEL WITH LEMON WEDGE	ROASTED CHICKEN THIGHS WITH GRAVY	BUTTER CHICKEN WITH STEAMED RICE & NAAN BREAD
Entrée 3	TUNA MELT SANDWICH WITH COLESLAW & FRENCH FRIES	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS, TARTAR SAUCE	MISO BROTH POACHED COD FILET WITH SOYA SESAME SAUCE	MEDITERRANEAN BAKED HADDOCK LOIN	POACHED SALMON FILET WITH DILL SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	PANCO CRUSTED PERCH FILET TOPPED WITH DILL & SHAVED CUCUMBER
Starch	MASHED POTATOES WITH CHEDDAR	BOILED POTATOES WITH FRESH PARSLEY	POTATO PATTIES	ROASTED RED POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLI FLORETS	SEASONED PEAS	BRAISED RED CABBAGE	SPAGHETTI *SQUASH	BABY BOK CHOY	GREEN KALE	DICED BEETS
Vegetable	WAX *BEANS	BUTTERED CORN	ASPARAGUS	SUI CHOY & *SPINACH	SLICED CARROTS	YELLOW ZUCHINI	GREEN BEANS
FEATURED Dessert	BAKED EGG & DRIED CRANBERRY CUSTARD	BLUEBERRY PIE	DATE SQUARE	TAPIOCA PUDDING	ROCKY ROAD BROWNIE	FRESH KIWI TARTS	INDIVIDUAL LEMON JELLO

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES

FATTY FISH
NUTS
PEACHES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

