



INSPIRED
SENIOR LIVING



Menu for the Week of November 13 - November 19, 2023

Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

| Week 6 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|--|---|---|---|---|--|--|
| Appetizer: SOUP | CORN CHOWDER | THREE MUSHROOM BARLEY | MISO SOUP | TOMATO RICE | GREEN CABBAGE & POTATO | CHICKEN NOODLE | CREAM OF BROCCOLI |
| | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE | DAILY CONGEE |
| Appetizer: SALAD | GREEN SALAD WITH FRESH RASPBERRIES & BLUE CHEESE | ARUGULA SALAD WITH ORANGES & DRIED CRANBERRIES | SHRIMP COCKTAIL | CHERRY TOMATO, RED ONION, YELLOW PEPPER SALAD | WALDORF SALAD | ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE | RASPBERRY & GOAT CHEESE SALAD |
| Entrée 1 | BRAISED BEEF & VEGETABLE STEW WITH MASHED POTATOES | OVERNIGHT ROASTED PORK BELLY | LAMB KOFTA WITH TZATZIKI SAUCE AND POTATO SALAD | SWEDISH MEATBALLS WITH EGG NOODLES | HOT DOG WITH DICED ONIONS, SAUERKRAUT RELISH & FRENCH FRIES | BRAISED VEAL OSSO BUCCO | ROASTED PORK BUTT WITH GRAVY |
| Entrée 2 | ROASTED CHICKEN BREAST WITH PEANUT SAUCE | CREAMY CHICKEN CARBONARA PENNE PASTA WITH GARLIC BREAD | ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE | MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY | CHICKEN VEGETABLE STIRFRY NOODLES | MOROCCAN CHICKEN & CHICKPEA RAGU OVER COUSCOUS | CHICKEN VEGETABLE CHOWMEIN |
| Entrée 3 | COD FLORENTINE | SUMMER HERB CRUSTD COD FILET WITH TARTAR SAUCE | SALMON BURGER WITH FRENCH FRIES | POACHED SEAFOOD COMBO (SALMON, BASA, PRAWN) | POTATO CRUSTED COD FILET WITH TARTAR SAUCE | BAKED BREADED SOLE FILET WITH TARTAR SAUCE | PAN FRIED CRAB CAKE WITH TARTAR SAUCE |
| Starch | GARLIC MASHED POTATOES | STEAMED NEW POTATOES | ROASTED POTATOES | BAKED 1/2 POTATO WITH SOUR CREAM | ROASTED YAM POTATOES | SCALLOPED POTATOES | POTATO LYONNAISE |
| | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE | STEAMED RICE |
| Vegetable | BROCCOLINI | PARSLIED CAULIFLOWER | GREEN & YELLOW *BEANS | GLAZED CARROTS | CORN & TARRAGON | *BROCCOLI FLORETS | BRUSSEL SPROUTS |
| Vegetable | BABY CARROTS | PEAS | BAKED *TOMATOES | SPAGHETTI SQUASH | BABY BOK CHOY | WHOLE BABY BEETS | TURNIPS |
| FEATURED Dessert | LEMON MERINGUE PIE | MIXED BERRY CRUMBLE | MAPLE CHOCOLATE MANIA CAKE | CARROT CAKE | BUTTERSCOTCH PUDDING | STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM | BOSTON CREAM PIE |



* 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

