




INSPIRED
SENIOR LIVING



Menu for the Week of December 4 - December 10, 2023

Dinner

OMELET OF THE WEEK: TWO CHEESE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	TOMATO SOUP	 CHRISTMAS DINNER CREAM OF ASPARAGUS	CREAM OF MUSHROOM	FRENCH ONION	BORSCHT WITH SOUR CREAM	CHICKEN NOODLE	CREAM OF ASPARAGUS
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SPINACH WITH RASPBERRIES	COCKTAILS TIGER PRAWN	BEET SALAD	WALDORF SALAD	SALAD WITH FRESH PAPAAYA & RASPBERRIES	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	BRAISED BEEF STROGANOFF WITH EGG NOODLES	CARVED TURKEY WITH STUFFING, GRAVY & CRANBERRY SAUCE	BREADED PORK CUTLETS WITH GRAVY	BAKED HAWAIIAN PIZZA WITH TOSSED SALAD	CHINESE STYLE BBQ PORK WITH STEAMED RICE	BRAISED CABBAGE ROLLS IN TOMATO SAUCE & SOUR CREAM	BAKED MEAT LASAGNA WITH GARLIC BREAD
Entrée 2	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	GRILLED NEW YORK STEAK WITH CARAMELIZED ONION IN RED WINE SAUCE	SWEET & SOUR CHICKEN WITH STEAMED RICE	MARINATED & ROASTED CHICKEN LEGS WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	CHICKEN WINGS WITH HONEY GARLIC SAUCE	MARINATED AND ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE
Entrée 3	PAN FRIED SOLE FILET WITH DILL SAUCE	BAKED HALIBUT FILET WITH LEMON WEDGE	POACHED SALMON FILET WITH FRESH GINGER & GREEN ONIONS	PAN SEARED ROCKFISH FILET WITH LEMON SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	GARLIC PRAWN SKEWERS WITH LEMON WEDGE	BOMBAY CURRY PRAWNS WITH BASMATI RICE
Starch	MASHED YAM POTATOES	MASHED POTATOES	BOILED YELLOW POTATOES WITH DILL	POTATO PATTIES	SCALLOPED POTATOES	POTATO LAYONNAISE	BAKED 1/2 POTATO WITH SOUR CREAM
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BABY CARROTS	SAUTEED CARROTS, GREEN BEANS	BRUSSEL SPROUTS	CAULIFLOWER	SUGAR SNAP PEAS	BUTTERED CORN	SLICED CARROTS
Vegetable	STEAMED GREEN KALE	RED & YELLOW PEPPER	MASHED TURNIPS & CARROTS	BROCCOLI FLORETS	GOLDEN BEETS	BAKED *TOMATO	WHOLE GREEN *BEANS
FEATURED Dessert	DEEP DUTCH BROWNIES	 INDIVIDUAL CHOCOLATE CARAMEL CHRISTMAS TREE	STRAWBERRY JELLO	TRIPLEBERRY CRUMBLE BAR	APPLE & RAISIN CREPES	LEMON MERINGUE PIE	CHOCOLATE ÉCLAIR



* 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

