



INSPIRED
SENIOR LIVING



Menu for the Week of December 11 - December 17, 2023

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

Dinner

OMELET OF THE WEEK: CRAB MEAT, GREEN ONION AND FETA CHEESE

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	GREEN LENTIL	*EGG DROP SOUP WITH *SPINACH	CHICKEN GUMBO	BUTTERNUT *SQUASH	TURKEY MEATBALLS	TOMATO BISQUE	CHICKEN NOODLE
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	YELLOW TOMATO, CUCUMBER ON ICEBERG LETTUCE	MANGO & BERRY TOSSED SALAD	LOCAL SLICED PEACHES & RASPBERRIES ON ICEBERG LETTUCE SALAD	SHREDDED CRAB MEAT & BOILED *EGGS SALAD	TOASTED PECANS, STRAWBERRIES ON ICEBERG LETTUCE	FRESH *SPINACH WITH DRIED CRANBERRIES & TOASTED ALMONDS	CHERRY *TOMATOES & BOCCONCINI CHEESE SALAD
Entrée 1	BAKED VEAL CHAMPIGNON WITH GRAVY	SPAGHETTI BOLOGNESE WITH PARMENSAN CHEESE & GARLIC BREAD	ROASTED PORK SHOULDER WITH GRAVY	GRILLED FARMER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	BRAISED CABBAGE ROLLS IN TOMATO SAUCE WITH SOUR CREAM	SHEPHERDS PIE WITH GRAVY	ROASTED LEG OF LAMB WITH GRAVY & MINT JELLY
Entrée 2	ASIAN STYLE GRILLED CHICKEN BREAST	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE	BAKED CHICKEN THIGHS WITH TERIYAKI GLAZE	POACHED CHICKEN BREAST	ROASTED CHICKEN LEGS WITH GRAVY	BAKED CHICKEN KABOBS WITH RICE PILAF & TZATZIKI SAUCE	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED BASA FILET WITH GREEN ONIONS & GINGER	BAKED HADDOCK FILET WITH TARTAR SAUCE	EGG DIPPED SOLE FILET WITH LEMON WEDGE	CRAB AND SPINACH QUICHE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	POACHED SALMON FILET WITH CAPER SAUCE
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	POTATO LYONNAISE	WHIPPED POTATOES	POTATO PATTIES	FRENCH FRIES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	YELLOW WAXED *BEANS	BAKED TOMATOES	BRAISED RED CABBAGE	SEASONED PEAS	BAKED ACORN SQUASH	BRUSSEL SPROUTS	BALSAMIC *BEETS
Vegetable	*BROCCOLINI	BUTTERED CORN	GREEN BEANS ALMANDINE	YELLOW TURNIPS	ASPARAGUS	GLAZED CARROTS	SUI CHOY & *SPINACH
FEATURED Dessert	BAKED *APPLES (GALA APPLES WITH CARAMEL SAUCE)	CREAMY RICE PUDDING	AMBROSIA DESSERT	ROCKY ROAD BROWNIE	BOSTON CREAM PIE	VANILLA PUDDING	COUNTRY CARROT CAKE



* 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

