



INSPIRED
SENIOR LIVING




Menu for the Week of December 18 - December 24, 2023

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

Dinner

OMELET OF THE WEEK: HAM & CHEESE

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	POTATO LEEK	COUNTRY VEGETABLE	LENTIL SOUP	 CHRISTMAS BUFFET DAILY CONGEE	ITALIAN WEDDING	CHICKEN NOODLE	CARROT AND GINGER
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH *APPLES & MANGO ON ICEBERG LETTUCE	CAESAR SALAD	*SPINACH SALAD WITH PINEAPPLE & ROASTED COCONUT	ASSORTED SALADS AS PER BUFFET MENU	SHREDDED CRAB MEAT & SLICED EGGS SALAD	ICEBERG LETTUCE WITH *WALNUTS, GRAPES, *RASPBERRIES	POTATO SALAD
Entrée 1	BAKED SAUSAGE ROLLS WITH MASHED POTATOES & GRAVY	BAKED HAWAIIAN PIZZA WITH SALAD	BRAISED LAMB CHOPS	CARVED ROASTED RIB EYE BEEF WITH GRAVY	BRATWURST SAUSAGES WITH SAUERKRAUT	BBQ PORK SPARERIBS	BAKED BEEF WELLINGTON WITH DEMI GLAZE
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	ROASTED TURKEY WITH STUFFING & GRAVY	BREADED CHICKEN WITH GRAVY	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	BRAISED CHICKEN COQ AU VIN WITH RICE
Entrée 3	BAKED GINGER - SOY TILAPIA FILET	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BREADED SOLE FILET WITH TARTAR SAUCE	BAKED HALIBUT WITH SEAFOOD SAUCE	ASIAN STYLE BAKED SALMON FILET WITH TERIYAKI GLAZE	BAKED TROUT FILET WITH CAPER SAUCE	GRILLED SALMON FILET WITH DILL SAUCE
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	POTATO PATTIES	MASHED SWEET YAM POTATOES WITH MELTED MARSHMALLOW TOPPING	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CARROTS	BRUSSEL SPROUTS	BROCCOLI FLORETS	SAUTEED MIXED	BEETS	GREEN ZUCCHINI	GREEN BEANS
Vegetable	PEAS	TURNIPS	BUTTERNUT SQUASH	WINTER VEGETABLES	ASPARAGUS	*CAULIFLOWER	SPAGHETTI SQUASH
FEATURED Dessert	PECAN STREUSEL CAKE	PINEAPPLE UPSIDE DOWN CAKE	TIGER BROWNIE	ASSORTED CHEESECAKES & DESSERT SQUARES	ORANGE JELLO	*BLUEBERRY TARTS	MAPLE CHOCOLATE MANIA 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

