



INSPIRED
SENIOR LIVING



Menu for the Week of December 25 - December 31, 2023

Dinner

OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, MUSHROOM)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	MERRY CHRISTMAS! CLEAR CHICKEN VERMICELLI	HAMBURGER SOUP	CLAM CHOWDER	TOMATO VEGETABLE	CABBAGE, POTATOES & SAUSAGES	CHICKEN RICE	NEW YEAR'S EVE DINNER GOLDEN AUTUMN CARROT SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	TOSSED MIXED VEGETABLE SALAD	SPINACH SALAD WITH SLICED EGGS & JULIENNE HAM	COLESLAW SALAD	*STRAWBERRY & ORANGE SPRING SALAD	CHERRY TOMATOES, CUCUMBER, BLACK OLIVES SALAD	GREEN CABBAGE SALAD WITH MANGO & DRIED *CRANBERRIES	SAUTEED GARLIC PRAWNS, AVOCADO & CHERRY TOMATOES ON FRESH SPINACH LEAVES
Entrée 1	GRILLED NEW YORK STEAK WITH MUSHROOM- ONION DEMI GLAZE	BAKED BEANS & WEINERS	BAKED MEATLOAF WITH GRAVY	BBQ PULLED PORK SANDWICH ON CROISSANT WITH YAM FRIES	BAKED BEEF POT PIE WITH GRAVY	GRILLED CHEESEBURGER WITH FRENCH FRIES	ROASTED RACK OF LAMB WITH GRAVY & MINT JELLY
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY & CRANBERRY SAUCE	POACHED CHICKEN BREAST IN COCONUT BROTH/CRANBERRY SAUCE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	TERIYAKI CHICKEN WINGS	ROASTED CHICKEN DRUMSTICKS WITH MUSHROOM SAUCE	BUTTER CHICKEN WITH RICE	MARINATED & ROASTED CHICKEN SUPREME WITH GRAVY
Entrée 3	PAN FRIED RAINBOW TROUT FILET WITH LEMON HERBS	BAKED TARTAR BASA FILET	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	SHRIMP, FETA, DILL, SAUTEED ONION QUICHE	POACHED SALMON FILET WITH TARTAR SAUCE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	BAKED TERIYAKI ATLANTIC SALMON FILET
Starch	MASHED POTATOES	STEAMED YELLOW POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	FRIED DICED POTATOES	SCALLOPED POTATOES	CREAMY MASHED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SAUTEED	ROASTED BUTTERNUT SQUASH	BRUSSEL SPROUTS	ASPARAGUS	GOLDEN BEETS	CORN	SUI CHOY, SPINACH
Vegetable	MIXED VEGETABLES	PEAS & PEARL ONIONS	MASHED TURNIPS & CARROTS	YELLOW *BEANS	SUGAR SNAP PEAS	ZUCCHINI BATONS	SLICED *BEETS
FEATURED Dessert	CHRISTMAS YULE LOG CAKE	CHOCOLATE PUDDING	LEMON MERINGUE PIE	DATE SQUARES	CHOCOLATE BROWNIE	CHERRY JUBILEE WITH ICE CREAM	WHITE CHOCOLATE GIFT BOX 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

