



INSPIRED
SENIOR LIVING



Menu for the Week of January 29 - February 4, 2024

Dinner

OMELET OF THE WEEK: WESTERN OMELETTE (CHOPPED HAM, ONIONS, PEPPERS)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	LEMON-GINGER COUSCOUS	FRENCH CANADIAN PEA & HAM	CREAM OF MUSHROOM	FRENCH ONION	 LL: BEEF CLEAR CHICKEN NOODLE	BORSCHT WITH SOUR CREAM	FRENCH ONION WITH CHEESE CROUTONS
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SPINACH WITH RASPBERRIES	GRAPES, MANDARIN ORANGE ON ICEBERG LETTUCE	BEET SALAD WITH COTTAGE CHEESE	WALDORF SALAD	THAI STEAK SATAY ON ASIAN SLAW	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	BAKED MEAT LASAGNA WITH GARLIC BREAD	BRAISED LAMB CHOPS	BREADED PORK CUTLETS WITH GRAVY	BRAISED CABBAGE ROLLS IN TOMATO SAUCE & SOUR CREAM	BRAISED BEEF AND VEGETABLE RAGU	CHINESE STYLE BBQ PORK ON STEAMED RICE	BRAISED VEAL OSSO BUCCO
Entrée 2	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	CHICKEN A LA KING IN PUFF PASTRY	SWEET & SOUR CHICKEN WITH STEAMED RICE	MARINATED & ROASTED CHICKEN LEGS WITH GRAVY	GRILLED CHICKEN BREAST WITH CREAMY PESTO SAUCE	CHICKEN WINGS WITH HONEY GARLIC SAUCE	MARINATED AND ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE
Entrée 3	PAN FRIED SOLE FILET WITH DILL SAUCE	SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE	POACHED SALMON FILET WITH TARTAR SAUCE	PAN SEARED ROCKFISH FILET WITH LEMON SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	FISH & CHIPS WITH FRENCH FRIES & TARTAR SAUCE & COLESLAW	BOMBAY CURRY PRAWNS WITH BASMATI RICE
Starch	MASHED YAM POTATOES	ROASTED POTATOES	BOILED YELLOW POTATOES WITH DILL	POTATO PATTIES	WHIPPED 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	MIXED	BRUSSEL SPROUTS	CAULIFLOWER	SUGAR SNAP PEAS	BUTTERED CORN	SLICED CARROTS
Vegetable	STEAMED BOK CHOY	VEGETABLES	MASHED YELLOW TURNIPS & CARROTS	BROCCOLI FLORETS	GOLDEN BEETS	BAKED *TOMATO	GREEN *BEANS
FEATURED Dessert	DEEP DUTCH BROWNIES	COCONUT PUDDING	STRAWBERRY JELLO	TRIPLEBERRY CRUMBLE BAR	CHEESECAKE WITH SEASONAL FRUIT COMPOTE	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

