



INSPIRED
SENIOR LIVING




Menu for the Week of January 1 - January 7, 2024

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

Dinner

OMELET OF THE WEEK: PAYSAN (BACON, POTATOES & SAUTEED ONIONS)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	POTATO & LEEK	TOMATO DILL	MULLIGATAWNY	PEA SOUP	 LLL: CARROTS CARROT & GINGER	CHICKEN NOODLE	NAVY BEAN SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	WINTER GREENS & BERRY SALAD	BACON, LETTUCE TOMATO SALAD	FENNEL & FRESH PEAR & DRIED *CRANBERRY	GREEN SALAD WITH MANGO & *STRAWBERRY	SHREDDED CARROT WITH RAISIN SALAD	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	ROASTED PORK TENDERLOIN WITH BLUEBERRY SAUCE	SALISBURY STEAK WITH ONION GRAVY	BRAISED SWISS STEAK	BEEF & VEGETABLE STIR FRY WITH NOODLES	CARROT & POTATO BEEF STEW	CHINESE STYLE BBQ PORK WITH STEAMED RICE	GRILLED CHEESEBURGER TOPPED WITH BACON & FRENCH FRIES
Entrée 2	ROASTED CHICKEN LEGS WITH HONEY GARLIC GLAZE	ROASTED BREADED CHICKEN PIECES WITH GRAVY	WHOLE ROASTED CHICKEN WITH STUFFING & GRAVY	CHICKEN CORDON BLEU WITH GRAVY	BAKED TERIYAKI CHICKEN BREAST	ROASTED CHICKEN THIGHS WITH GRAVY	ROASTED TURKEY BREAST WITH GRAVY
Entrée 3	TUNA MELT SANDWICH WITH COLESLAW & FRENCH FRIES	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS, TARTAR SAUCE	MISO BROTH POACHED COD FILET WITH SOYA GINGER SAUCE	BAKED MEDITERRANEAN STYLE HADDOCK FILET	POACHED SALMON FILET IN MISO BROTH	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED PANCO CRUSTED PERCH FILET WITH TARTAR SAUCE
Starch	POTATO LYONNAISE	BOILED POTATOES WITH FRESH PARSLEY	POTATO PATTIES	ROASTED RED POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLI FLORETS	SEASONED PEAS	BRAISED RED CABBAGE	BAKED ACORN*SQUASH	BOK CHOY	GREEN KALE	DICED BEETS
Vegetable	CORN NIBLETS	CAULIFLOWER	YELLOW TURNIPS	SUI CHOY & *SPINACH	SLICED CARROTS	YELLOW ZUCHINI	WHOLE GREEN BEANS
FEATURED Dessert	BAKED EGG & DRIED CRANBERRY CUSTARD	BLUEBERRY PIE	BANANA FLAMBE	TAPIOCA PUDDING	CARROT CAKE	FRESH KIWI TARTS	INDIVIDUAL LEMON JELLO

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES

FATTY FISH
NUTS
PEACHES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

