



INSPIRED
SENIOR LIVING



Menu for the Week of January 8 - January 14, 2024

Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER	THREE MUSHROOM BARLEY	BOK CHOY SOUP	TOMATO RICE	GREEN LENTIL & VEGETABLE	CHICKEN NOODLE	CREAM OF BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH FRESH BLUEBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & DRIED CRANBERRIES	SHRIMP COCKTAIL	CHERRY TOMATO, RED ONION, YELLOW PEPPER SALAD	ICEBERG LETTUCE SALAD TOPPED WITH JULIENNE HAM & BOILED EGGS	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	HOD DOG WITH DICED ONIONS, RELISH, SAUERKRAUT & FRENCH FRIES	OVERNIGHT ROASTED PORK BELLY WITH STEAMED RICE	COCONUT AND LEMONGRASS BEEF SHORT RIBS	SWEDISH MEATBALLS WITH EGG NOODLES	GRILLED BANGER SAUSAGES WITH SAUERKRAUT	BRAISED VEAL CUTLETS WITH GRAVY	ROASTED LEG OF LAMB WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	CHICKEN FETTUCINI ALFREDO WITH GARLIC BREAD	ROASTED CHICKEN LEGS WITH BBQ GLAZE	MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY	MARINATED & ROASTED CHICKEN BREAST WITH MUSHROOM & ONION GRAVY	TERIYAKI CHICKEN KABOBS WITH STEAMED RICE	CHICKEN QUESADILLA WITH SALAD, SOUR CREAM & SALSA
Entrée 3	BAKED HADDOCK FLORENTINE	CANTONESE STYLE STEAMED BASA FILET	SALMON BURGER WITH FRENCH FRIES	POACHED SEAFOOD COMBO (SALMON, BASA, PRAWN)	TERIYAKI BAKED SALMON FILET	EGG DIPPED SOLE FILET WITH TARTAR SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED POTATOES	POTATO PATTIES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLINI	PARSLIED CAULIFLOWER	GREEN & YELLOW *BEANS	GLAZED CARROTS	BOK CHOY	*BROCCOLI FLORETS	BRUSSEL SPROUTS
Vegetable	BABY CARROTS	PEAS	BAKED *TOMATOES	SPAGHETTI SQUASH	BRAISED GREEN CABBAGE	DICED BEETS	TURNIPS
FEATURED Dessert	TIRAMISU CUPS	APPLE & MANGO COBBLER	COCONUT PANNA COTTA	CREAM PUFFS	CARROT CAKE	STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM	COCONUT CREAM PIE



*** 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

