



INSPIRED  
SENIOR LIVING

## Menu for the Week of January 15 - January 21, 2024



# Dinner

### OMELET OF THE WEEK: SMOKED \*SALMON & DILL

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: <b>SOUP</b>	COCONUT CURRY SOUP WITH CHICKPEAS & HEARTY GREENS	CORN, BACON & POTATO CHOWDER	HEARTY PESTO & VEGETABLE	BUTTERNUT SQUASH	BEEF RICE	CHICKEN NOODLE	CREAM OF CAULIFLOWER
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: <b>SALAD</b>	SMOKED SALMON & SLICED BOILED EGGS SALAD	PAPAYA & BLUEBERRY ON ICEBERG LETTUCE	*BEET SALAD WITH RED ONIONS & MANDARIN ORANGES	FRESH BERRIES ON ICEBERG LETTUCE	FESTIVE SALAD AVOCADO, CORN, CHERRY TOMATOES ON LETTUCE	PROSCIUTTO WITH CUCUMBER, RED PEPPERS ON ICEBERG LETTUCE	ICEBERG LETTUCE WITH BRIE CHEESE AND GRAPES, HONEYDEW
Entrée 1	HONEY-GARLIC GLAZED HAM	BRAISED BEEF STROGANOFF ON EGG NOODLES	SWEET & SOUR PORK WITH STEAMED RICE	GRILLED SKINLESS BREAKFAST SAUSAGES WITH POTATO & CARAMALIZED ONION	BREADED VEAL CHAMPIGNON WITH GRAVY	BRAISED PORK DRUMMIES	BAKED MEAT LASAGNA WITH GARLIC BREAD
Entrée 2	LINGUINE CHICKEN PRIMAVERA WITH PARMESAN CHEESE & GARLIC BREAD	ROASTED CHICKEN LEGS WITH BBQ GLAZE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	SANTA FE ROASTED CHICKEN BREAST	BAKED TARRAGON CHICKEN BREAST WITH GRAVY	ROAST CHICKEN THIGHS WITH GRAVY	CHINESE GARLIC CHICKEN WITH RICE
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES & TARTAR SAUCE	GINGER - SOY POACHED COD FILET	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	POACHED SALMON FILET WITH HOLLANDAISE SAUCE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	GREEK STYLE BAKED RED SNAPPER FILET	SHRIMP SKEWERS WITH LEMON WEDGE
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	MASHED SWEET POTATOES WITH CHIVES	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	ACORN *SQUASH	RED SWISS CHARD	GREEN BEANS	BAKED *TOMATO	MIXED
Vegetable	SLICED CARROTS	SLICED *BEETS	MASHED YELLOW TURNIPS & CARROTS	CORN NIBLETS	CAULIFLOWER	BRAISED GREEN CABBAGE	VEGETABLES
FEATURED Dessert	COCONUT PUDDING	NANAIMO BARS	BAKED APPLE CRUMBLE WITH ICECREAM	BUTTERTART BAR	WHIPPED PINEAPPLE JELLO	LEMON MACARON BAR	CHERRY PIE



**\* 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

