



INSPIRED  
SENIOR LIVING



## Menu for the Week of February 5 - February 11, 2024

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

# Dinner

### OMELET OF THE WEEK: BABY SHRIMP, GREEN ONIONS AND FETA CHEESE

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	GREEN LENTIL	*EGG DROP SOUP WITH *SPINACH	CHICKEN GUMBO	BUTTERNUT *SQUASH	TOMATO BISQUE	 <b>HAPPY CHINESE NEW YEAR</b>  TON SOUP	CHICKEN NOODLE
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH BLUEBERRIES & CANTALOUPE ON ICEBERG LETTUCE	MANGO & BERRY TOSSED SALAD	SLICED PEACHES & RASPBERRIES ON ICEBERG LETTUCE SALAD	SHREDDED CRAB MEAT & BOILED *EGGS SALAD	TOASTED PECANS, STRAWBERRIES ON ICEBERG LETTUCE	CHINESE NAPA CABBAGE SALAD	CHERRY *TOMATOES & BOCCONCINI CHEESE SALAD
Entrée 1	BAKED VEAL CHAMPIGNON WITH GRAVY	SPAGHETTI BOLOGNESE WITH PARMENSAN CHEESE & GARLIC BREAD	ROASTED PORK TENDERLOIN WITH BLUEBERRY SAUCE	GRILLED MAPLE PORK SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	BRAISED IRISH STEW WITH PASTA AND DUMPLINGS	SWEET & SOUR PORK WITH RICE	GRILLED NEW YORK STEAK WITH CREAMY PEPPERCORN SAUCE
Entrée 2	ASIAN STYLE GRILLED CHICKEN BREAST	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE	BAKED CHICKEN THIGHS WITH GRAVY	POACHED CHICKEN BREAST WITH CRANBERRY SAUCE	ROASTED CHICKEN LEGS WITH GRAVY	BABRBEQUED DUCK WITH FRIED RICE	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED TARTAR BASA FILET	BAKED SOYA-GINGER HADDOCK FILET	PAN FRIED BLUE COD FILET WITH LEMON SAUCE	EGG DIPPED SOLE FILET WITH LEMON WEDGE	POACHED SALMON FILET WITH FRESH GINGER & GREEN ONION	
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	MASHED YAM POTATOES	WHIPPED POTATOES	POTATO PATTIES	MASHED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	YELLOW WAXED *BEANS	GREEN KALE	BRAISED RED CABBAGE	SEASONED PEAS	BAKED ACORN SQUASH	BABY BOK CHOY	BALSAMIC *BEETS
Vegetable	*BROCCOLINI	BUTTERED CORN & BABY CARROTS	GREEN BEANS ALMANDINE	PARSLIED CAULIFLOWER	ASPARAGUS	SLICED CARROTS & BEAN SPROUTS	SUI CHOY & *SPINACH
FEATURED Dessert	BAKED *APPLES (GALA APPLES WITH CARAMEL SAUCE)	CREAMY RICE PUDDING	BUTTER TART BAR	ROCKY ROAD BROWNIE	BOSTON CREAM PIE	BAKED EGG CUSTARD TART	CHERRIES JUBILEE WITH ICE CREAM



\* 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

