



INSPIRED
SENIOR LIVING




Menu for the Week of February 12 - February 18, 2024

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

Dinner

OMELET OF THE WEEK: HAM & CHEESE

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	POTATO LEEK	COUNTRY VEGETABLE	 <i>HAPPY VALENTINE'S DAY</i> BUTTERNUT SQUASH SOUP	THAI COCONUT SOUP	LENTIL SOUP	CHICKEN NOODLE	FRENCH ONION
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH *APPLES & MANGO ON ICEBERG LETTUCE	CAESAR SALAD	MIXED GREEN SALAD WITH FRESH BERRIES		SNAP PEAS & RADISH SALAD	ICEBERG LETTUCE WITH *WALNUTS, GRAPES, *RASPBERRIES	POTATO SALAD
Entrée 1	BAKED SAUSAGE ROLLS WITH MASHED POTATOES & GRAVY	BRAISED PORK CHOPS	ROASTED RIB OF EYE BEEF WITH YORKSHIRE PUDDING & DEMI GLAZE	BAKED VEAL CHAMPIGNON WITH GRAVY	BRAISED PORK SPARE RIBS	BAKED MAUI SHORT RIBS WITH RICE PILAF	BRAISED SWISS STEAK
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	ROASTED CORNISH GAME HEN WITH OYSTER MUSHROOM GRAVY	HONEY GARLIC CHICKEN WINGS	TURKEY POT PIE WITH GRAVY	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	BAKED GINGER SOY TILAPIA FILET	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED SALMON FILET WITH FRESH DILL SAUCE	BAKED TROUT FILET WITH LEMON SAUCE	CANTONESE STYLE COD FILET	BREADED SOLE FILET WITH TARTAR SAUCE	THAI MUSSELS AND PRAWNS ON BASMATI RICE
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	CREAMY MASHED POTATOES	MASHED SWEET POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CORN NIBLETS	BRUSSEL SPROUTS	SAUTEED	BUTTERED CORN	DICED BEETS	BAKED *TOMATO	GREEN BEANS
Vegetable	GREEN KALE	YELLOW TURNIPS	FRESH VEGETABLES	BRAISED RED CABBAGE	SAVVOY CABABGE	*CAULIFLOWER	SPAGHETTI SQUASH
FEATURED Dessert	CHEESECAKE WITH RASPBERRY SAUCE	PINEAPPLE UPSIDE DOWN CAKE	STRAWBERRY SHORT CAKE	ASSORTED DESSERTS	MANGO AND CHERRY CREPES WITH ICE CREAM	BLUEBERRY PIE	INDIVIDUAL ORANGE JELLO



* 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

