



INSPIRED SENIOR LIVING



Menu for the Week of February 19 - February 25, 2024

Dinner

OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, MUSHROOM)

Week 4	Monday	Tuesday	Wednesday	Thursday	 Friday	Saturday	Sunday
Appetizer: SOUP	TOMATO VEGETABLE SOUP	CHICKEN TORTILLA SOUP	CLAM CHOWDER SOUP	BEEF NOODLE SOUP	<i>ITALIAN DINNER ITALIAN WEDDING SOUP</i>	CHICKEN NOODLE SOUP	CREAM OF CAULIFLOWER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS WITH FRESH BERRIES	SPINACH SALAD WITH SLICED EGGS & JULIENNE HAM	RADISH & CUCUMBER SALAD	*STRAWBERRY & ORANGE SPRING SALAD	BUTTER LETTUCE, ROAM TOMATO, RED ONION & FETA CHEESE	GREEN CABBAGE SALAD WITH MANGO & DRIED *CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUIT(HONEYDEW, CANTALOUPE, WATERMELON)
Entrée 1	BAKED BEANS & WEINERS	GRILLED BEEF CHEESEBURGER WITH FRENCH FRIES	CHILI CON CARNE WITH CORNBREAD	BRAISED LAMB CHOPS	BEEF TORTELLINI WITH CREAMY TOMATO SAUCE AND SPINACH WITH GARLIC BREAD	BRAISED BONELESS BEEF SHORT RIBS	ROASTED ROSEMARY PORK LOIN WITH GRAVY
Entrée 2	LEMON CHICKEN BREAST WITH SPINACH MUSHROOM ORZO	CHICKEN PICCATA WITH STEAMED RICE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	CHICKEN FETTUCCINI ALFREDO PARMESAN WITH GARLIC BREAD	CHICKEN PARMESAN	CHICKEN CORDON BLEU WITH GRAVY	CHICKEN QUESADILLA WITH SALAD
Entrée 3	GARLIC PRAWNS SKEWERS WITH LEMON WEDGE	BAKED TARTAR BASA FILET	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	SMOKED SALMON QUICHE	BAKED SALMON WELLINGTON WITH CREAMY SPINACH SAUCE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	ORANGE SOY COD FILET
Starch	STEAMED POTATOES	MASHED GARLIC POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	BAKED 1/2 POTATO WITH SOUR CREAM	SCALLOPED POTATOES	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED CARROTS	ROASTED BUTTERNUT SQUASH	BRUSSEL SPROUTS	ASPARAGUS	DICED BEETS	CORN	GREEN *BEANS
Vegetable	BABY BOK CHOY	PEAS & PEARL ONIONS	MASHED TURNIPS & CARROTS	YELLOW *BEANS	SAVOY CABBAGE	ZUCCHINI BATONS	BAKED *TOMATOES
FEATURED Dessert	FRUIT COMPOTE WITH BAVARIAN CREAM	CHOCOLATE PUDDING	BUTTERMILK CAKE	DATE SQUARES	INDIVIDUAL H.M. TIRAMISU CUPS	TAPIOCA PUDDING	BANANA CREAM 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
YOGURT

