



INSPIRED
SENIOR LIVING




Menu for the Week of February 26 - March 3, 2024

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

Dinner

OMELET OF THE WEEK: PAYSAN (BACON, POTATOES & SAUTEED ONIONS)

Week 5	Monday	Tuesday	Wednesday	Thursday	 Friday	Saturday	Sunday
Appetizer: SOUP	COCK A LEEKIE SOUP	TOMATO DILL SOUP	MULLIGATAWNY SOUP	WON TON SOUP	LLL: MAPLE SQUASH SOUP WITH MAPLE CHANTILLY CREAM	CHICKEN NOODLE SOUP	NAVY BEAN SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	WINTER GREENS & BERRY SALAD	BACON, LETTUCE ROMA TOMATO SALAD	FENNEL & FRESH PEAR & DRIED *CRANBERRY	GREEN SALAD WITH MANGO & *STRAWBERRY	SALAD WITH MAPLE WALNUT VINAIGRETTE	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	MARINATED & GRILLED FLANK STEAK WITH STEAMED RICE	SPAGHETTI BOLOGNESE WITH GARLIC BREAD & PARMESAN CHEESE	BRAISED PORK CHOPS	BEEF & VEGETABLE STIR FRY NOODLES	MARINATED & ROASTED CHICKEN BREAST WITH GRAVY	ROASTED RACK OF LAMB WITH GRAVY, MINT JELLY	BRAISED SALISBURY STEAK WITH ONION-MUSHROOM GRAVY
Entrée 2	ROASTED CHICKEN LEGS WITH GRAVY	ROASTED DUCK BREAST WITH CINNAMON CHERRY SAUCE	WHOLE ROASTED CHICKEN WITH STUFFING & GRAVY	ROASTED GARLIC ROSEMARY CHICKEN BREAST	MAPLE SOYA GLAZED SALMON FILET	BUTTER CHICKEN WITH RICE AND NAAN BREAD	ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	STEAMED TILAPIA FILET CHINESE STYLE	FISH & CHIPS WITH TARTAR SAUCE & COLESLAW	CRAB & SHRIMP MELT SALAD SANDWICH WITH BROCCOLI SALAD	MEDITERRANEAN BAKED HADDOCK LOIN	CHINESE STYLE BBQ PORK WITH STEAMED RICE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	LEMON GRASS GINGER BAKED COD LOIN WITH HOISIN SAUCE
Starch	MASHED YAM POTATOES	BOILED POTATOES WITH FRESH PARSLEY	MASHED POTATOES	ROASTED RED POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BOK CHOY	SEASONED PEAS	BRAISED RED CABBAGE	SPAGHETTI SQUASH	BROCCOLI FLORETS	GREEN KALE	SLICED BEETS
Vegetable	WAX BEANS & DICED CARROTS	BUTTERED CORN	ASPARAGUS	SUI CHOY & *SPINACH	SLICED CARROTS	YELLOW ZUCHINNI	GREEN BEANS
FEATURED Dessert	FRENCH CHEESECAKE	CARAMEL-VANILLA SWIRL CAKE	DATE SQUARE	TAPIOCA PUDDING	MAPLE WALNUT ICE CREAM WITH MAPLE GARNISH	FRESH KIWI TARTS	INDIVIDUAL LEMON JELLO



* 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

