



INSPIRED
SENIOR LIVING



Menu for the Week of March 4 - March 10, 2024

Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER SOUP	THREE MUSHROOM BARLEY SOUP	HOT AND SOUR SOUP	TOMATO RICE SOUP	BORSCHT WITH SOUR CREAM SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH FRESH BLUEBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & DRIED CRANBERRIES	SHRIMP COCKTAIL	CHERRY TOMATO, RED ONION, YELLOW PEPPER SALAD	WALDORF SALAD	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	ROAST BEEF & VEGETABLE STEW WITH MASHED POTATOES	PORK TENDERLOIN WRAPPED IN PUFF PASTRY WITH GRAVY	SLOW COOKED LAMB STEW	SWEDISH MEATBALLS WITH EGG NOODLES	BEEF POT PIE WITH GRAVY	BRAISED VEAL OSSO BUCCO	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH PEANUT SAUCE	BAKED TANDOORI CHICKEN DRUMSTICKS	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY	TERIYAKI CHICKEN KABOBS WITH RICE PILAF	GRILLED CHICKEN WITH CAESAR SALAD	CHICKEN & VEGETABLE CHOW MEIN
Entrée 3	BAKED COD FLORENTINE	SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE & COLESLAW	SALMON BURGER WITH FRENCH FRIES	POACHED SEAFOOD COMBO (SALMON, BASA, PRAWN)	POTATO CRUSTED COD FILET WITH TARTAR SAUCE & COLESLAW	BAKED BREADED SOLE FILET WITH TARTAR SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED YAM POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLI	PARSLIED CAULIFLOWER	GREEN & YELLOW *BEANS	GLAZED CARROTS	CORN & TARRAGON	*BROCCOLI FLORETS	BRUSSEL SPROUTS
Vegetable	YELLOW BEETS	PEAS	BAKED *TOMATOES	SPAGHETTI SQUASH	BABY BOK CHOY	BEETS	YELLOW TURNIPS
FEATURED Dessert	LEMON MERINGUE PIE	APPLE & MANGO COBBLER	COCONUT PANNA COTTA	CARROT CAKE	BUTTERSCOTCH PUDDING	STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM	BOSTON CREAM PIE



* 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

