



INSPIRED SENIOR LIVING

Menu for the Week of March 11 - March 17, 2024



Dinner

OMELET OF THE WEEK: SMOKED *SALMON & DILL



Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	GROUND BEEF & VEGETABLE SOUP	CORN, BACON & POTATO CHOWDER SOUP	HEARTY TOMATO & VEGETABLE SOUP	BUTTERNUT SQUASH SOUP	BEEF RICE SOUP	CHICKEN NOODLE SOUP	ST. PATRICKS DAY DINNER GREEN LEEK AND POTATO SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SMOKED SALMON & SLICED BOILED EGGS SALAD	PAPAYA & PINEAPPLE ON ICEBERG LETTUCE	CAESAR SALAD	FRESH BERRIES ON ICEBERG LETTUCE	FESTIVE SALAD AVOCADO, CORN, CHERRY TOMATOES ON LETTUCE	CRISPY PANCETTA WITH CUCUMBER, RED PEPPERS	AVOCADO AND PROSCIUTTO SALAD
Entrée 1	HONEY-GARLIC GLAZED HAM	BRAISED BEEF STROGANOFF ON EGG NOODLES	SWEET & SOUR PORK WITH STEAMED RICE	GRILLED SKINLESS BREAKFAST SAUSAGES WITH POTATO & CARAMALIZED ONION	BREADED VEAL CUTLETS WITH GRAVY	SHEPHERDS PIE WITH GRAVY	BRAISED IRISH STEW WITH DUMPLINGS
Entrée 2	LINGUINE CHICKEN PRIMAVERA WITH PARMESAN CHEESE & GARLIC BREAD	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	BAKED ROSEMARY CHICKEN BREAST WITH GRAVY	ROAST CHICKEN THIGHS WITH GRAVY	CHICKEN & VEGETABLE STRI FRY WITH NOODLES
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES & TARTAR SAUCE	BAKED GREEK STYLE SNAPPER FILET	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	POACHED SALMON FILET WITH HOLLANDAISE SAUCE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	BAKED BREADED SOLE FILET WITH TARTAR SAUCE	BAKED S.D. TOMATO CRUSTED WILD ALASKAN POLLOCK FILET
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	MASHED SWEET POTATOES WITH CHIVES	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	WHIPPED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	ACORN *SQUASH	RED SWISS CHARD	GREEN BEANS	BAKED *TOMATO	MIXED VEGETABLES
Vegetable	SLICED CARROTS	DICED *BEETS	MASHED YELLOW TURNIPS & CARROTS	CORN NIBLETS	CAULIFLOWER	BRAISED GREEN CABBAGE	CORN, PEAS, AND DICED CARROTS
FEATURED Dessert	NANAIMO BAR	COCONUT PUDDING	BANANA FLAMBE	BUTTERTART BAR	WHIPPED PINEAPPLE JELLO	LEMON MACARON BAR	DALE'S H.M. GREEN VELVET CAKE & INDIVIDUAL LAYERED LIME 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

