



INSPIRED
SENIOR LIVING



Menu for the Week Of March 18 - March 24, 2024

Dinner

OMELET OF THE WEEK: SPINACH & MOZZARELLA CHEESE

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	ITALIAN MINESTRO NE SOUP DAILY CONGEE	THREE MUSHROOM BARLEY SOUP DAILY CONGEE	MISO & TOFU SOUP DAILY CONGEE	<i>PORT OF SPAIN TOMATO, BEAN & MILD CHORIZO SOUP</i> DAILY CONGEE	<i>PORT OF MOROCCO MOROCCON STYLE LENTIL SOUP</i> DAILY CONGEE	<i>PORT OF ITALY ITALIAN WEDDING SOUP</i> DAILY CONGEE	<i>PORT OF TURKEY CHICKEN NOODLE SOUP</i> DAILY CONGEE
Appetizer: SALAD	BOCCONCINI, TOMATO, CUCUMBER ON BUTTER LETTUCE	*AVOCADO & BOILED EGGS ON ICEBERG	SLICED PEACHES AND BLUEBERRIES ON ICEBERG LETTUCE SALAD	CHERRY TOMATOES, RED ONIONS, YELLOW PEPPER SALAD	MARINATED CHICKPEA SALAD	CAPRESE SALAD WITH FRESH BASIL & BALSAMIC REDUCTION	CHICKEN SALAD WITH GRILLED FLATBREAD WITH HUMMUS
Entrée 1	GRILLED CHEESE BURGER WITH FRENCH FRIES	SLOW COOKED CORNED BEEF WITH BRAISED GREEN CABBAGE	BEEF MEATLOAF STUFFED WITH BOILED EGGS, GRAVY	SPANISH MEATBALLS WITH EGG NOODLES	MORROCAN LAMB STEW WITH RAISINS, APRICOTS,	VEAL CUTLETS WITH GRAVY	LAMB KOFTA WITH YOGURT DIP WITH RICE
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH GRAVY	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	SWEET CURRY CHICKEN WITH BASMATI RICE	PAN SEARED CHICKEN THIGHS WITH RED PEPPER, TOMATO SAUCE	ROASTED TURKEY BREAST WITH CORIANDER GRAVY	VEGETARIAN LASAGNA WITH GARLIC TOAST	ROASTED TURKISH STYLE CHICKEN BREAST
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	COQUILLE ST. JACQUES (SCALLOPS, MUSHROOMS, WHITE WINE SAUCE)	POACHED SALMON FILET WITH FRESH GINGER AND GREEN ONIONS	BROILED COD LOIN WITH LEMON HERB CAPER SAUCE ON SPANISH RICE	POTATO CRUSTED COD FILET	POACHED SALMON FILET WITH LEMON CAPER SAUCE	ZAATAR BAKED SALMON FILET WITH LEMON WEDGE
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATOES LYONNAISE	BAKED 1/2 POTATO WITH sour crem	HERB MASHED POTATOES	OREGANO ROASTED POTATOES	POTATO LATKES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	PEAS & MUSHROOMS	DICED *BEETS	CAULIFLOWER	ROASTED PEPPER MEDLEY	GREEN PEAS	BROCCOLINI	GREEN *BEANS
Vegetable	BABY CARROTS	CORN NIBLETS	ASPARAGUS	BROCCOLI CROWN	ROASTED ROOT VEGETABLES	BROILED TOMATOES	RED *BEETS
FEATURED Dessert	BAKED EGG & DRIED CRANBERRY CUSTARD	APPLE PIE WITH ICECREAM	INDIVIDUAL COCONUT PUDDING	CHURROS WITH CHOCOLATE DIPPING SAUCE	CITRUS CAKE WITH RASPBERRY COULIS	TIRAMISU WITH FRESH * BERRIES	BAKLAVA



* 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

