



INSPIRED
SENIOR LIVING



Menu for the Week of April 1 - April 7, 2024

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

Dinner

OMELET OF THE WEEK: BABY SHRIMP, GREEN ONIONS AND FETA CHEESE

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	GREEN LENTIL SOUP	PORK AND PASTA SOUP	CHICKEN GUMBO SOUP	BUTTERNUT *SQUASH SOUP	LIVING LOVING LOCAL ~ EGGS EGG DROP SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH STRAWBERRY & BLUEBERRY ON ICEBERG LETTUCE	MANGO & BERRY TOSSED SALAD	CAESAR SALAD & PARMESAN CHEESE	SHREDDED CRAB MEAT & BOILED *EGGS SALAD	ICEBERG LETTUCE WITH BOILED EGGS, AVOCADO & CHERRY TOMATO	FRESH SPINACH WITH DRIED CRANBERRIES & TOASTED ALMONDS	CHERRY *TOMATOES & BOCCONCINI CHEESE SALAD
Entrée 1	BBQ PULLED PORK SANDWICH WITH COLESLAW & YAM FRIES	SPAGHETTI BOLOGNESE WITH PARMESAN CHEESE & GARLIC BREAD	ROASTED PORK SHOULDER WITH GRAVY	GRILLED BANGER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	HAM & LEEK QUICHE	BRAISED CABBAGE ROLLS IN TOMATO SAUCE WITH SOUR CREAM	ROASTED LEG OF LAMB WITH GRAVY & MINT JELLY
Entrée 2	ASIAN STYLE GRILLED CHICKEN BREAST	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE	BAKED CHICKEN THIGHS WITH TERIYAKI GLAZE	POACHED CHICKEN BREAST WITH CRANBERRY SAUCE	ROASTED CHICKEN LEGS WITH GRAVY	BAKED CHICKEN KABOBS WITH RICE PILAF & TZATZIKI SAUCE	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED BASA FILET WITH GREEN ONIONS & GINGER, SAUTEED GARLIC PRAWNS	BAKED POTATO CRUSTED COD FILET WITH TARTAR SAUCE	PAN FRIED BLUE COD FILET WITH LEMON SAUCE	EGG DIPPED SOLE FILET WITH LEMON WEDGE	POACHED SALMON FILET WITH CAPER SAUCE	STEAMED MUSSELS IN COCONUT CURRY BROTH WITH RICE
Starch	MASHED SWEET POTATOES	STEAMED POTATOES	ROASTED YAM POTATOES	WHIPPED POTATOES	POTATO LYONNAISE	POTATO PATTIES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	YELLOW WAXED *BEANS	GREEN KALE	BRAISED RED CABBAGE	BROCCOLI CROWN	BABY CARROTS	BRUSSEL SPROUTS	BALSAMIC *BEETS
Vegetable	*BROCCOLINI	DICED BEETS	GREEN BEANS ALMANDINE	PARSLIED CAULIFLOWER	SAVOY CABBAGE	GLAZED CARROTS	SUI CHOY & *SPINACH
FEATURED Dessert	BAKED APPLES (GALA APPLES WITH CARAMEL SAUCE	CREAMY RICE PUDDING	AMBROSIA DESSERT	ROCKY ROAD BROWNIE	LEMON MERINGUE PIE	PECAN TARTS	COUNTRY CARROT CAKE

* 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

