



INSPIRED
SENIOR LIVING



Menu for the Week of April 8 - April 14, 2024

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

Dinner

OMELET OF THE WEEK: HAM & CHEESE

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	POTATO LEEK SOUP	COUNTRY VEGETABLE SOUP	PORK & ORZO PASTA SOUP	CREAM OF CAULIFLOWER SOUP	LENTIL SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH *APPLES & MANGO ON ICEBERG LETTUCE	SLICED TOMATOES, CUCUMBERS, PEPPERS ON ICEBERG LETTUCE	SPINACH SALAD WITH PINEAPPLE & ROASTED COCONUT	SNAP PEAS & RADISH SALAD	SHREDDED CRAB MEAT & SLICED EGGS SALAD	ICEBERG LETTUCE WITH *WALNUTS, GRAPES, *RASPBERRIES	POTATO SALAD
Entrée 1	BAKED SAUSAGE ROLLS WITH MASHED POTATOES & GRAVY	BAKED HAWAIIAN PIZZA WITH SALAD	BRAISED CURRIED LAMB WITH MANGO CHUTNEY AND RICE	BRAISED PORK CHOPS	BBQ PORK SPARE RIBS	MEAT LASAGNA WITH GARLIC BREAD	ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	TURKEY POT PIE WITH GRAVY	BREADED CHICKEN WITH PLUM SAUCE	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	BAKED GINGER SOY TILAPIA FILET	GRILLED SALMON FILET WITH DILL SAUCE	BREADED SOLE FILET WITH TARTAR SAUCE	CANTONESE STYLE COD FILET	BAKED SALMON WELLINGTON	BAKED TROUT FILET WITH LEMON SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	POTATO PATTIES	MASHED SWEET POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	ROASTED ACORN SQUASH	BRUSSEL SPROUTS	BROCCOLI FLORETS	BUTTERED CORN	SLICED BEETS	BAKED *TOMATO	GREEN BEANS
Vegetable	PEAS	YELLOW TURNIPS	BUTTERNUT SQUASH	CARROTS	ASPARAGUS	*CAULIFLOWER	SPAGHETTI SQUASH
FEATURED Dessert	CHEESECAKE WITH RASPBERRY SAUCE	PINEAPPLE UPSIDE DOWN CAKE	ITALIAN CANNOLI	MANGO AND CHERRY CREPES	ORANGE JELLO	BLUEBERRY PIE	BUTTERTART BAR



* 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

