



INSPIRED
SENIOR LIVING



Menu for the Week of April 15 - April 21, 2024

Dinner

OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, MUSHROOM)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	TOMATO VEGETABLE SOUP	HAMBURGER SOUP	CLAM CHOWDER SOUP	BEEF NOODLE SOUP	CABBAGE, POTATOES & SAUSAGES	CHICKEN NOODLE SOUP	CREAM OF ASPARAGUS SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS WITH FRESH BERRIES	SPINACH SALAD WITH SLICED EGGS & JULIENNE HAM	RADISH & CUCUMBER SALAD	*STRAWBERRY & ORANGE SPRING SALAD	BABY SHRIMP & FRESH AVOCADO SALAD	GREEN CABBAGE SALAD WITH MANGO & DRIED *CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUIT(HONEYDEW, CANTALOUPE, WATERMELON)
Entrée 1	BAKED BEANS & WEINERS	BAKED HAM WITH RAISIN SAUCE	BAKED MEATLOAF WITH GRAVY	BRAISED LAMB CHOPS	CHINESE BBQ PORK WITH RICE	BRAISED BEEF SHORT RIBS	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS- GRAVY
Entrée 2	ROASTED HERB CHICKEN BREAST WITH SAGE- GRAVY	POACHED CHICKEN BREAST IN COCONUT BROTH/CRANBERRY SAUCE	CHINESE STYLE LEMON CHICKEN WITH RICE	TERIYAKI CHICKEN WINGS	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	CURRY CHICKEN WITH NAAN BREAD OVER RICE	GRILLED CHICKEN KABOBS WITH RICE PILAF TZATZIKI SAUCE
Entrée 3	PAN FRIED SALMON FILET WIT RED PEPPER DILL SAUCE	PRAWNS VEGETABLE CHOWMEIN	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	SHRIMP DILL SAUTEED ONION QUICHE	POACHED SALMON FILET WITH TARTAR SAUCE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	SEAFOOD FETTUCINI WITH GARLIC BREAD
Starch	POTATO PATTIES	MASHED GARLIC POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	BOILED POTATOES WITH DILL	SCALLOPED POTATOES	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED CARROTS	STEAMED	BRUSSEL SPROUTS	ASPARAGUS	GOLDEN BEETS	CORN	GREEN *BEANS
Vegetable	BABY BOK CHOY	MIXED VEGETABLES	MASHED TURNIPS & CARROTS	YELLOW *BEANS	SUGAR SNAP PEAS	ZUCCHINI BATONS	BAKED *TOMATOES
FEATURED Dessert	FRUIT COMPOTE WITH BAVARIAN CREAM	CRÈME BRULE CHEESECAKE	LEMON MERINGUE PIE	CHOCOLATE BROWNIE	VANILLA ICE CREAM WITH WARM PEACHES	IRISH CREAM CHEESECAKE	BANANA CREAM PIE



*** 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

