



INSPIRED SENIOR LIVING



Menu for the Week of April 29 - May 5, 2024

Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

Week 6	Monday	Tuesday	Wednesday	Thursday	 Friday	Saturday	 Sunday
Appetizer: SOUP	CORN CHOWDER SOUP	THREE MUSHROOM BARLEY SOUP	CREAMY ITALIAN QUINOA SOUP	TOMATO RICE SOUP	LLL: RHUBARB CARROT & RHUBARB SOUP	CHICKEN NOODLE SOUP	CINCO DE MAYO MEXICAN FEATURE DINNER MEXICAN TORTILLA SOUP WITH CHICKEN
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH FRESH BLACKBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & DRIED CRANBERRIES	SHRIMP COCKTAIL	CHERRY TOMATO, RED ONION, YELLOW PEPPER SALAD	SPRING GREENS, ROASTED WALNUTS & GOAT CHEESE SALAD WITH RHUBARB DRESSING	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	MEXICAN CHOPPED SALAD WITH HONEY LIME DRESSING
Entrée 1	BRAISED BEEF & VEGETABLE STEW WITH MASHED POTATOES	PORK TENDERLOIN WITH BLUEBERRY SAUCE	SWEDISH MEATBALLS WITH EGG NOODLES	OVERNIGHT ROASTED PORK BELLY WITH STEAMED RICE	ROASTED LAMB RACK WITH RHUBARB CHUTNEY	BRAISED OSSO BUCCO	SLOW COOKED PULLED PORK CHILI WITH BASMATI RICE & SHREDDED CHEDDAR CHEESE
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	GARLIC-GINGER SOY BRAISED CHICKEN THIGHS	ROASTED CHICKEN DRUMSTICKS WITH MUSHROOM SAUCE	MARINATED AND ROASTED TANDOORI CHICKEN BREAST	ROASTED CHICKEN THIGHS WITH MUSHROOM ONION CREAM SAUCE	BUTTER CHICKEN WITH STEAMED RICE	CHICKEN BURRITO WITH SOUR CREAM, SALSA, GUACAMOLE & SALAD
Entrée 3	CANTONESE STYLE STEAMED BASA FILET	SEAFOOD FETTUCINI ALFREDO GARLIC BREAD	SALMON BURGER WITH FRENCH FRIES	POACHED SEAFOOD COMBO (SALMON, BASA, PRAWN)	BAKED SALMON FILET WITH LEMON SAUCE	BAKED BREADED SOLE FILET WITH TARTAR SAUCE	PAN FRIED TROUT FILET WITH MILD MARINARA SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	POTATO LYONNAISE	SCALLOPED POTATOES	YAM FRIES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLINI	PARSLIED CAULIFLOWER	GREEN & YELLOW *BEANS	GLAZED CARROTS	YELLOW BEANS	CAULIFLOWER FLORETS	CORN ON THE COB
Vegetable	BABY CARROTS	PEAS	BAKED *TOMATOES	SPAGHETTI SQUASH	ASPARAGUS	SLICED BEETS	FRESH WHOLE GREEN BEANS
FEATURED Dessert	TIRAMISU CUPS	APPLE & MANGO COBBLER	PECAN PIE	H.M. CREAM PUFFS	RHUBARB & STRAWBERRY PIE	STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM	TRADITIONAL MEXICAN CHURROS WITH CHOCOLATE SAUCE

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES

FATTY FISH
NUTS
PEACHES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

