



INSPIRED SENIOR LIVING

Menu for the Week of May 6 - May 12, 2024



Dinner

OMELET OF THE WEEK: SMOKED *SALMON & DILL



Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	HAMBURGER SOUP	CORN, BACON & POTATO CHOWDER SOUP	HEARTY TOMATO & VEGETABLE SOUP	BUTTERNUT SQUASH SOUP	BEEF RICE SOUP	CHICKEN NOODLE SOUP	MOTHERS DAY DINNER CREAM OF ASPARAGUS
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	AVOCADO & SLICED BOILED EGGS SALAD	PAPAYA & PINEAPPLE ON ICEBERG LETTUCE	BEET SALAD WITH RED ONION, MANDARIN ORANGES	FRESH BERRIES ON ICEBERG LETTUCE	FESTIVE SALAD AVOCADO, CORN, CHERRY TOMATOES ON LETTUCE	CRISPY PANCETTA WITH CUCUMBER, RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE AND GRAPES, HONEYDEW
Entrée 1	MEAT LASAGNA WITH GARLIC BREAD	POTATO & CHEESE PEROGIES WITH SAUTEED ONIONS, BACON & SOUR CREAM	SWEET & SOUR PORK WITH STEAMED RICE	EGGS BENEDICT(ENGLISH MUFFIN, TOPPED WITH HAM, POACHED EGG, HOLLANDAISE SAUCE)	BREADED VEAL CUTLETS WITH GRAVY	CHINESE STYLE BBQ PORK WITH RICE	ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING, GRAVY
Entrée 2	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	ROASTED CHICKEN LEGS WITH BBQ GLAZE	LINGUINI CHICKEN PRIMAVERA WITH PARMESAN & GARLIC BREAD	ROASTED CHICKEN BREAST WITH GRAVY	BAKED ROSEMARY CHICKEN THIGHS WITH GRAVY	GRILLED CHICKEN BREAST WITH CAESAR SALAD	GRILLED CHICKEN KABOBS WITH RICE PILAF
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES & TARTAR SAUCE	POACHED COD FILET WITH FRESH GINGER AND GREEN ONIONS	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	POACHED SALMON FILET WITH HOLLANDAISE SAUCE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	BUTTER BAKED HADDOCK FILET
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	MASHED SWEET POTATOES WITH CHIVES	BAKED 1/2 POTATO WITH SOUR CREAM	POTATO LYONNAISE	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	ACORN *SQUASH	RED SWISS CHARD	GREEN BEANS	BAKED *TOMATO	MIXED
Vegetable	BABY CARROTS	DICED *BEETS	MASHED YELLOW TURNIPS & CARROTS	CORN NIBLETS	CAULIFLOWER	BRAISED GREEN CABBAGE	VEGETABLES
FEATURED Dessert	COCONUT PUDDING	BANANA CREAM PIE	BANANA FLAMBE	BAKED EGG CUSTARD	BAKED BERRY CRUMBLE	LEMON MACARON BAR	STRAWBERRY SHORTCAKE

*** 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

