



INSPIRED SENIOR LIVING




## Menu for the Week of December 2 - December 8, 2024

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

# Dinner

### OMELET OF THE WEEK: PAYSAN (BACON, POTATOES & SAUTEED ONIONS)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	COCK A LEEKIE SOUP	TOMATO DILL SOUP	MULLIGATAWNY SOUP	WON TON SOUP	 LLL: WINTER SQUASH SQUASH & APPLE SOUP	CHICKEN NOODLE SOUP	NAVY BEAN SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	WINTER GREENS & BERRY SALAD	BACON, LETTUCE TOMATO SALAD	FENNEL & FRESH PEAR & DRIED *CRANBERRY	GREEN SALAD WITH MANGO & STRAWBERRY	<b>SQUASH SALAD WITH ROASTED ALMONDS &amp; FETA CHEESE</b>	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY	SALISBURY STEAK WITH MUSHROOM, ONION GRAVY	EGG BENEDICT (ENGLISH MUFFIN TOPPED WITH CANADIAN BACON, POACHED EGGS & HOLLANDAISE SAUCE)	BEEF & VEGETABLE STIR FRY WITH STEAMED RICE	<b>BRAISED BBQ PORK SPARERIBS</b>	BREADED VEAL CUTLETS WITH GRAVY	ROASTED LEG OF LAMB WITH GRAVY & MINT JELLY
Entrée 2	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	WHOLE ROASTED CHICKEN WITH STUFFING & GRAVY	ROASTED DUCK BREAST WITH CINNAMON CHERRY SAUCE	ROASTED GARLIC ROSEMARY CHICKEN BREAST	<b>ROASTED CHICKEN BREAST WITH CARAMELIZED ONION GRAVY</b>	ROASTED CHICKEN THIGHS WITH GRAVY	CHICKEN FINGERS WITH CAESAR SALAD & HONEY MUSTARD SAUCE
Entrée 3	TUNA MELT SANDWICH WITH COLESLAW & FRENCH FRIES	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS, TARTAR SAUCE	MISO BROTH POACHED COD FILET WITH SOYA - SESAME SAUCE	MEDITERRANEAN BAKED HADDOCK FILET	<b>POACHED SALMON FILET IN MISO BROTH WITH CILANTRO &amp; GINGER</b>	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE
Starch	MASHED POTATOES	BOILED POTATOES WITH FRESH PARSLEY	POTATO PATTIES	ROASTED RED POTATOES	<b>ROASTED YAM POTATOES</b>	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	<b>STEAMED RICE</b>	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLI FLORETS	BOK CHOY	BRAISED RED CABBAGE	SPAGHETTI SQUASH	<b>MIXED</b>	GREEN KALE	DICED BEETS
Vegetable	WAX *BEANS	BUTTERED CORN	CAULIFLOWER	SUI CHOY & SPINACH	<b>VEGETABLES</b>	YELLOW ZUCHINNI	GREEN *BEANS
FEATURED Dessert	FRENCH CHEESECAKE	CARAMEL VANILLA SWIRL CAKE	ORANGE CITRUS CAKE	TAPIOCA PUDDING	<b>PUMPKIN PIE</b>	FRESH KIWI TARTS	INDIVIDUAL LEMON JELLO

\* 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

