



INSPIRED
SENIOR LIVING



Menu for the Week of May 5 - May 11, 2025

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	CINCO DE MAYO FEATURE DINNER MEXICAN TORTILLA SOUP	COUNTRY VEGETABLE SOUP	POTATO & LEEK SOUP	HOT AND SOUR SOUP	LENTIL SOUP	CHICKEN NOODLE SOUP	HAPPY MOTHERS DAY CARROT & GINGER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MEXICAN CHOPPED SALAD WITH HONEY LIME DRESSING	CAESAR SALAD	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	SLOW COOKED PULLED PORK CHILI WITH BASMATI RICE & SHREDDED CHEDDAR CHEESE	BAKED SAUSAGE ROLLS WITH GRAVY	BRAISED CURRIED LAMB WITH MANGO CHUTNEY & RICE	BRAISED PORK CHOPS	BRATWURST SAUSAGES WITH SAUERKRAUT	BAKED MAUI SHORT RIBS WITH RICE PILAF	ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING
Entrée 2	CHICKEN BURRITO WITH SOUR CREAM, SALSA, GUACAMOLE & SALAD	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	TURKEY POT PIE WITH GRAVY	ROASTED TERIYAKI GLAZED CHICKEN LEGS	ROASTED CHICKEN BREAST WITH GRAVY	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	PAN FRIED TROUT FILET WITH MILD MARINARA SAUCE	GRILLED SALMON FILET WITH DILL SAUCE	SEAFOOD VEGETABLE FRITTATA WITH TOSSED SALAD	PRAWN VEGETABLE CHOWMEIN	BAKED SALMON WELLINGTON	GARLIC PRAWN SKEWERS WITH LEMON WEDGE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE
Starch	ROASTED YAM 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	CORN ON THE COB	CARROTS	BROCCOLI FLORETS	BUTTERED CORN	MIXED	BAKED TOMATO	GREEN BEANS
Vegetable	FRESH WHOLE GREEN BEANS	PEAS	RED BEETS	ZUCCHINI	VEGETABLES	CAULIFLOWER	SPAGHETTI SQUASH
FEATURED Dessert	TRADITIONAL MEXICAN CHURROS WITH CHOCOLATE SAUCE	PINEAPPLE UPSIDE DOWN CAKE	H.M.PUMPKIN TARTS	MANGO & CHERRY CREPES	RAISIN SQUARES	BLUEBERRY PIE	BLACK FOREST CAKE

* 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

