



INSPIRED SENIOR LIVING

# Menu for the Week of July 14 - July 20, 2025



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 & SAUTÉED ONIONS)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	POTATO AND LEEK SOUP	CURRIED KALE & RICE SOUP	MULLIGATAWNY SOUP	WON TON SOUP	<i>FRENCH DINNER</i> FRENCH ONION SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SUMMER GREENS & BERRY SALAD	BACON, LETTUCE *TOMATO SALAD	FENNEL, FRESH PEAR & DRIED *CRANBERRIES	GREEN SALAD WITH MANGO & *STRAWBERRIES	TOSSED MIXED VEGETABLE SALAD/FRESH AVOCADO & SMOKED SALMON ON ICEBERG LETTUCE	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED TOMATO, BASIL & BABY BROCCONCINI SALAD
Entrée 1	CHINESE DAIKON CARROT & TOMATO BEEF STEW ON RICE	SPAGHETTI BOLOGNESE WITH GARLIC BREAD & PARMESAN CHEESE	HOISIN GLAZED PORK CHOPS	BEEF & VEGETABLE STIR FRY WITH STEAMED RICE	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM BACON SAUCE	CHINESE STYLE BBQ PORK WITH STEAMED RICE	ROASTED LEG OF LAMB WITH GRAVY
Entrée 2	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	ROASTED DUCK BREAST WITH RASPBERRY SAUCE	WHOLE ROASTED CHICKEN WITH STUFFING & GRAVY	SMOKED TURKEY SANDWICH WITH CRANBERRY/MAYO ON TOASTED RYE BREAD WITH SALAD	STUFFED VEAL CHAMPIGNON WITH GRAVY	ROASTED CHICKEN DRUMMIES WITH SPINACH CREAM SAUCE	ROASTED CHICKEN BREAST WITH GRAVY
Entrée 3	TUNA MELT SANDWICH WITH COLESLAW & FRENCH FRIES	SWEET SOYA GLAZE BASA FILET	BAKED POTATO CRUST COD FILET WITH TARTAR SAUCE	MEDITERRANEAN BAKED HADDOCK LOIN	BAKED ALMOND CRUSTED SOLE FILET WITH TARTAR SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	TERIYAKI SALMON FILET WITH GRILLED PINEAPPLE SLICE
Starch	MASHED SWEET POTATOES	BOILED POTATOES WITH FRESH PARSLEY	POTATO PATTIES	ROASTED RED POTATOES	CLASSIC POTATO LYONNAISE	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED CARROTS	SPAGHETTI SQUASH	BRAISED RED CABBAGE	CORN NIBLETS	SAUTEED FRESH GREEN BEANS & GARLIC	GREEN KALE	DICED BEETS
Vegetable	WAX *BEANS	SEASONED PEAS	GREEN KALE	SUI CHOY & SPINACH	BABY CARROTS	YELLOW ZUCHINNI	GREEN *BEANS
FEATURED Dessert	BOSTON CREAM PIE	INDIVIDUAL COCONUT PUDDING	DATE SQUARE	TOFFEE STICKEY PUDDING CAKE	CHEESECAKE WITH RASPBERRY COULIS	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

