



INSPIRED
SENIOR LIVING



Menu for the Week of July 28 - August 3, 2025

Dinner

OMELET OF THE WEEK: Chorizo Sausages and Mozzarella Cheese

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CHICKEN UDON SOUP	CORN, BACON & POTATO CHOWDER SOUP	HEARTY TOMATO & VEGETABLE SOUP	BUTTERNUT SQUASH SOUP	LLL:BLUEBERRIES CHICKEN NOODLE SOUP	LENTIL & VEGETABLE SOUP	CREAM OF CURRIED CELERY SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SLICED HAM & SLICED BOILED EGGS SALAD	PAPAYA & DRIED CRANBERRIES ON ICEBERG LETTUCE	BEET SALAD WITH RED ONIONS, MANDARIN ORANGES	SLICED FRESH STRAWBERRIES & ORANGES ON ICEBERG LETTUCE	BLUEBERRY CITRUS SALAD	CRISPY PANCETTA WITH CUCUMBER, RED PEPPERS	ICEBERG LETTUCE WITH FRESH WATERMELON, CUCUMBER MINT & FETA CHEESE
Entrée 1	GRILLED FLANK STEAK WITH MUSHROOM SAUCE	PINEAPPLE GLAZED CARVING HAM	SWEET AND SOUR PORK WITH STEAMED RICE	SLOW COOKED BEEF CHILI WITH BASMATI RICE	MEATBALLS IN TOMATO BASIL SAUCE WITH PASTA	BAKED MEAT LASAGNA WITH GARLIC BREAD	GINGER BEEF & VEGETABLE STIRFRY ON NOODLES
Entrée 2	LINGUINE CHICKEN PRIMAVERA WITH PARMESAN & GARLIC BREAD	ROASTED CHICKEN LEGS WITH BBQ GLAZE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	LLL: ROASTED CHICKEN SUPREME WITH BLUEBERRY COMPOTE	ROAST CHICKEN THIGHS WITH GRAVY	BUTTERMILK FRIED CHICKEN DRUMSTICKS
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES & TARTAR SAUCE	COLD: GARLIC PRAWNS ON CAESAR SALAD	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	POACHED SALMON FILET WITH DILL SAUCE	BAKED SOLE FILET WITH TARTAR SAUCE	STEAMED CLAMS & MUSSELS IN COCONUT CURRY BROTH
Starch	POTATO PATTIES	ROASTED YAM POTATOES	ROASTED HERBED POTATOES	MASHED SWEET POTATOES WITH CHIVES	MASHED POTATOES	POTATO LYONNAISE	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	YELLOW ZUCCHINI	GREEN KALE	ACORN *SQUASH	RED SWISS CHARD	CORN & DICED CARROTS	BAKED *TOMATO	MIXED VEGETABLES
Vegetable	BABY CARROTS	DICED BEETS	MASHED TURNIPS & CARROTS	CORN NIBLETS	SLICED BEETS	BRAISED GREEN CABBAGE	
FEATURED Dessert	BUTTERSCOTCH PUDDING	NANAIMO BAR	BANANA FLAMBE	BUTTERTART BAR	LLL: FRESH BLUEBERRY TARTS	LEMON MACARON BARS	PEAR HELENE (PEARS,ICECREAM, CHOCOLATE)

* 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

