



INSPIRED
SENIOR LIVING



Menu for the Week of August 18 - August 24, 2025

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

Dinner

OMELET OF THE WEEK: BABY SHRIMP, GREEN ONIONS & FETA CHEESE

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	GREEN LENTIL SOUP	POTATO BACON CHOWDER SOUP	NAVY BEAN & SPINACH SOUP	BUTTERNUT SQUASH	TOMATO BISQUE	CHICKEN NOODLE SOUP	CREAM OF *BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	POTATO SALAD	SLICED FRESH MANGO & BLUEBERRY ON ROMAINE LETTUCE SALAD	SLICED *PEACHES & *RASPBERRIES ON ICEBERG LETTUCE SALAD	SHREDDED CRAB MEAT & BOILED EGGS SALAD	TOASTED PECANS, *STRAWBERRIES ON ICEBERG LETTUCE	FRESH *SPINACH WITH DRIED *CRANBERRIES & TOASTED ALMONDS	CHERRY *TOMATOES & BOCCONCINI CHEESE SALAD
Entrée 1	ROASTED LEG OF LAMB WITH GRAVY	SPAGHETTI BOLOGNESE WITH PARMENSAN CHEESE & GARLIC BREAD	ROASTED PORK TENDERLOIN WITH BLUEBERRY SAUCE	GRILLED FARMER SAUSAGES WITH SAUERKRAUT & MASH POTATOES	BRAISED PORK DRUMMIES	BRAISED MEATBALLS IN TOMATO BASIL SAUCE WITH RICE	BAKED VEAL CHAMPIGNON WITH GRAVY
Entrée 2	ASIAN STYLE GRILLED CHICKEN BREAST	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE	BAKED CHICKEN THIGHS WITH GRAVY	LEMONGRASS CHICKEN COCONUT CURRY WITH RICE	ROASTED CHICKEN LEGS WITH GRAVY	BAKED CHICKEN MAC & 3 CHEESE	GRILLED CHICKEN KABOBS WITH RICE
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED TARTAR BASA FILET	BAKED SOYA GINGER COD FILET	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	PAN FRIED HADDOCK FILET WITH LEMON SAUCE	BREADED SOLE FILET WITH TARTAR SAUCE	POACHED SALMON FILET WITH CAPER SAUCE
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	MASHED YAM POTATOES	WHIPPED POTATOES	POTATO LYONNAISE	BAKED POTATO W/ SOUR CREAM	POTATOES PATTIES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	YELLOW WAXED *BEANS	GREEN KALE	BRAISED RED CABBAGE	SEASONED PEAS	BAKED ACORN SQUASH	SLICED BEETS	MIXED VEGETABLES
Vegetable	*BROCCOLINI	BUTTERED CORN	GREEN *BEANS ALMANDINE	PARSLIED CAULIFLOWER	BABY *CARROTS	SUI CHOY SPINACH	
FEATURED Dessert	LEMON STREUSEL CAKE	BUTTERSCOTCH PUDDING	AMBROSIA DESSERT	HAYSTACK BROWNIE	BOSTON CREAM PIE	INDIVIDUAL GRAPE JELLO	CHERRIES JUBILEE WITH ICE CREAM

* 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

