




INSPIRED
SENIOR LIVING



Menu for the Week Of August 4 - August 10, 2025

Dinner

OMELETTE OF THE WEEK: GREEK STYLE(TOMATO,ONIONS,FETA CHEESE)

Week 8	 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	BC DAY DINNER COCONUT CURRY VEGETABLE & RICE SOUP	WON TON SOUP	*CAULIFLOWER & LEEK SOUP	SEAFOOD CHOWDER SOUP	BEEF & RICE SOUP	*TOMATO & VEGETABLE SOUP	CHICKEN NOODLE SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	BABY ARUGULA SALAD WITH MANGO & *BLUEBERRIES	*AVOCADO & HAM ON ICEBERG	SLICED FRESH *PEACHES & *BLUEBERRIES ON ICEBERG LETTUCE SALAD	MIXED GREENS WITH *RASPBERRIES & BLUE CHEESE	*TOMATO, CUCUMBERS, BLACK OLIVES ON ROMAINE LETTUCE SALAD	SLICED HONEYDEW & CANTALOUPE ON ICEBERG LETTUCE	CRISPY BACON, HARD BOILED *EGGS ON ICEBERG LETTUCE
Entrée 1	ROASTED RIB-EYE OF BEEF WITH YORKSHIRE PUDDING & GRAVY	SLOW COOKED CORNED BEEF WITH BRAISED GREEN CABBAGE	BEEF MEATLOAF STUFFED WITH BOILED EGGS, GRAVY	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY	BBQ PORK SPARERIBS	BEEF & VEGETABLE POT PIE WITH GRAVY	BREADED VEAL CUTLETS WITH GRAVY
Entrée 2	SHEET-PAN CAPRESE CHICKEN	ROASTED CHICKEN LEGS WITH BBQ GLAZE	SWEET CURRY CHICKEN WITH BASMATI RICE	BAKED MACARONI & CHEESE	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	CHICKEN FINGERS WITH CAESAR SALAD, PLUM SAUCE
Entrée 3	GRILLED SOCKEYE SALMON FILET WITH LEMON WEDGE	COQUILLE ST JACQUES (SCALLOPS, MUSHROOMS,WHITE WINE SAUCE)	POACHED SALMON FILET WITH DILL SAUCE	CAJUN FRIED HADDOCK FILET WITH COLESLAW	BAKED SHRIMP BRIE CHEESE QUICHE	POTATO CRUSTED COD FILET WITH TARTAR SAUCE	BAKED ASIAN STYLE SALMON FILET
Starch	GARLIC MASHED POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	BOILED YELLOW POTATOES	POTATO PATTIES	BAKE 1/2 POTATO WITH SOUR CREAM	ROASTED RED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	ROASTED BABY *CARROTS	*CAULIFLOWER	CORN NIBLETS	BAKED *TOMATOES	MIXED VEGETABLES	SPAGHETTI SQUASH	YELLOW *BEANS
Vegetable	*BROCCOLI FLORETS	DICED *BEETS	BRAISED RED CABBAGE	GREEN *BEANS		PEAS	HONEY *CARROTS
FEATURED Dessert	COUNTRY *CARROT CAKE	DATE SQUARE	BOSTON CREAM PIE	WARM CHOCOLATE MOLTEN CAKE	WARM TAPIOCA PUDDING	ORANGE CITRUS CAKE	STRAWBERRY BANANA ICECREAM WITH LEMON BURST COOKIES

* 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

