




INSPIRED  
SENIOR LIVING



## Menu for the Week of September 22 - September 28, 2025

# Dinner

### OMELET OF THE WEEK: Smoked Salmon and Dill

| Week 7              | Monday  | Tuesday  | Wednesday                                   | Thursday                                   | Friday  | Saturday                                    | Sunday   |
|---------------------|---|--|---|--|---|---|--|
| Appetizer:<br>SOUP  | NEW ENGLAND CLAM CHOWDER SOUP                           | POTATO, LEEK & BARLEY SOUP                           | HEARTY TOMATO & VEGETABLE SOUP              | BUTTERNUT SQUASH SOUP                      |  <b>OKTOBERFEST DINNER</b><br>GERMAN POTATO & BACON SOUP WITH GREEN ONIONS<br>DAILY CONGEE | CHICKEN NOODLE SOUP                         | COCONUT LIME CHICKEN SOUP                          |
|                     | DAILY CONGEE  | DAILY CONGEE   | DAILY CONGEE                                | DAILY CONGEE                               | DAILY CONGEE  | DAILY CONGEE                                | DAILY CONGEE                                       |
| Appetizer:<br>SALAD | SPINACH, MANDARIN ORANGES & ALMOND SALAD                | PAPAYA & PINEAPPLE ON ICEBERG LETTUCE                | BROCCOLI AND BACON SALAD                    | FRESH BERRIES ON ICEBERG LETTUCE           | <b>GERMAN CONFETTI SALAD (POTATO &amp; HAM)</b>   | CRISPY PANCETTA WITH CUCUMBER, RED PEPPERS  | ICEBERG LETTUCE WITH BRIE CHEESE, GRAPES, HONEYDEW |
| Entrée 1            | ROASTED LEG OF LAMB WITH RED CURRANT DEMI GLAZE         | FOUR CHEESE RAVIOLI WITH MARINARA SAUCE              | SWEET AND SOUR PORK WITH STEAMED RICE       | PENNE CARBONARA WITH GARLIC BREAD          | <b>BAKED OKTOBERFEST SAUSAGES WITH OKTOBERFEST BRAISED RED CABBAGE</b>  | TACO SALAD (GROUND BEEF)                    | ROASTED PORK TENDERLOIN DIJONNAISE                 |
| 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          | <b>GERMAN STYLE CHICKEN SCHNITZEL WITH LEMON WEDGE</b>  | ROAST CHICKEN THIGHS WITH GRAVY             | CHICKEN CAESAR WRAP WITH POTATO SALAD              |
| Entrée 3            | TORPEDO PRAWNS WITH FRENCH FRIES & TARTAR SAUCE         | POACHED COD FILET IN COCONUT WITH LIME & MANGO SALSA | PAN FRIED CRAB CAKE WITH TARTAR SAUCE       | PAN FRIED HADDOCK FILET WITH CRISPY GINGER | <b>POACHED SALMON FILET WITH SHRIMP SAUCE</b>   | ALMOND CRUSTED SOLE FILET WITH TARTAR SAUCE | BAKED COD FILET WITH ROASTED PEPPER SAUCE          |
| Starch              | POTATO PATTIES  | BOILED POTATOES                                      | ROASTED HERBED POTATOES                     | MASHED SWEET POTATOES WITH CHIVES          | <b>MASHED POTATOES</b>  | ROASTED MINI POTATOES                       | POTATOES O'BRIEN                                   |
|                     | STEAMED RICE  | STEAMED RICE   | STEAMED RICE                                | STEAMED RICE                               | <b>STEAMED RICE</b>   | STEAMED RICE                                | STEAMED RICE                                       |
| Vegetable           | GREEN KALE  | YELLOW ZUCCHINI                                      | ACORN *SQUASH                               | RED SWISS CHARD                            | <b>GREEN BEANS</b>  | BAKED *TOMATO                               | MIXED VEGETABLES                                   |
| Vegetable           | SLICED CARROTS  | DICED BEETS  | MASHED YELLOW TURNIPS & CARROTS             | CORN NIBLETS                               | <b>CORN ON THE COB</b>  | BRAISED GREEN CABBAGE                       |  |
| FEATURED Dessert    | COCONUT PUDDING   | PEACH PIE  | BANANA FLAMBE                               | BAKED EGG CUSTARD                          | <b>GERMAN CHOCOLATE CAKE</b>  | LEMON MACARON BARS                          | CHOCOLATE PUDDING                                  |

\* 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

