



INSPIRED
SENIOR LIVING


Menu for the Week of October 20 - October 26, 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 AND FETA CHEESE

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	 HAPPY DIWALI ! GREEN LENTIL SOUP	CREAMY HAM & POTATO CHOWDER SOUP	FRENCH ONION WITH CHEESE CROUTONS SOUP	COUNTRY VEGETABLE SOUP	TOMATO BISQUE SOUP	CHICKEN NOODLE SOUP	CREAM OF CAULIFLOWER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	JICAMA, PAPAYA & WATERMELON ON ICEBERG LETTUCE SALAD	MANGO & DRIED CRANBERRIES ON TOSSED SALAD	SLICED PEACHES & GRAPEFRUIT ON ICEBERG LETTUCE SALAD	SHREDDED CRAB MEAT AND BOILED EGGS SALAD	SLICED HAM & AVOCADO ON ICEBERG LETTUCE	FRESH SPINACH WITH CRUMBLIED TUNA & COTTAGE CHEESE SALAD	CHERRY TOMATOES & BOCCONCINI CHEESE SALAD
Entrée 1	BAKED VEAL CHAMPIGNON WITH GRAVY	SPAGHETTI BOLOGNESE WITH PARMESAN CHEESE & GARLIC BREAD	ROASTED PORK TENDERLOPIN WITH BLUEBERRY SAUCE	SHEPHERDS PIE WITH GRAVY	CHINESE STYLE BBQ PORK WITH RICE	BEEF CHILI WITH CHEDDAR CHEESE & SOUR CREAM	ROASTED LEG OF LAMB WITH GRAVY & MINT JELLY
Entrée 2	ASIAN STYLE GRILLED CHICKEN BREAST	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE	BAKED CHICKEN THIGHS WITH GRAVY	POACHED CHICKEN BREAST	ROASTED CHICKEN LEGS WITH GRAVY	TERIYAKI BAKED CHICKEN KABOBS WITH RICE PILAF	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	STUFFED SALMON WITH ROASTED PEPPER SAUCE	BAKED TARTAR BASA FILET	BAKED SOYA GINGER COD FILET	PAN FRIED HADDOCK FILET WITH LEMON SAUCE	EGG DIPPED SOLE FILET WITH LEMON WEDGE	POACHED SALMON FILET WITH DILL SAUCE	COCONUT RED CURRY MUSSELS WITH CHOPPED BASIL & CILANTRO
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	MASHED YAM POTATOES	WHIPPED POTATOES	POTATO PATTIES	POTATO LYONNAISE	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BABY CARROTS	GREEN KALE	BRAISED RED CABBAGE	SEASONED PEAS	BAKED ACORN SQUASH	MIXED	BALSAMIC BEETS
Vegetable	BROCCOLINI	BUTTERED CORN	GREEN BEANS ALMANDINE	PARSLIED CAULIFLOWER	SLICED CARROTS	VEGETABLES	SUI CHOY AND SPINACH
FEATURED Dessert	BAKED APPLES GALA WITH CARAMEL SAUCE	CREAMY RICE PUDDING	BUTTER TART BAR	ROCKY ROAD BROWNIE	BOSTON CREAM PIE	PECAN TARTS	COUNTRY CARROT CAKE

* 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

