



INSPIRED
SENIOR LIVING



Menu for the Week of November 10 - November 16, 2025

Dinner

OMELET OF THE WEEK: PAYSAN (BACON,POTATOES,SAUTEED ONIONS)

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	COCK A LEELE SOUP	NAVY *BEANS & SAUSAGES SOUP	COCONUT, CHICKEN & RICE SOUP	CORN CHOWDER SOUP	PUREED PEA SOUP	CHICKEN NOODLE SOUP	CREAM OF *BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	WINTER GREENS & BERRY SALAD	BACON, LETTUCE *TOMATO SALAD	FENNEL & FRESH PEAR & DRIED *CRANBERRY	GREEN SALAD WITH MANGO & *STRAWBERRY	SHREDDED CRAB MEAT & SLICED BOILED EGGS ON ICEBERG	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	SLICED *TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	PAN FRIED VEAL LIVER WITH SAUTEED ONION GRAVY	SPAGHETTI BOLOGNESE WITH GARLIC BREAD & PARMESAN CHEESE	EGG BENEDICT	BEEF & VEGETABLE STIR FRY, STEAMED RICE	BANGER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	BRAISED CABBAGE ROLLS IN TOMATO SAUCE WITH SOUR CREAM	BBQ PULLED PORK SANDWICH WITH FRENCH FRIES AND COLESLAW
Entrée 2	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	ROASTED DUCK BREAST WITH CINNAMON-CHERRY SAUCE	WHOLE ROASTED CHICKEN WITH STUFFING GRAVY	ROASTED GARLIC ROSEMARY CHICKEN BREAST	CHICKEN SCHNITZEL WITH LEMON WEDGE	ROASTED CHICKEN THIGHS WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY
Entrée 3	TUNA MELT SALAD SANDWICH WITH COLESLAW,FF	FISH TACOS WITH CABBAGE SLAW	MISO BROTH POACHED COD FILET WITH SOYA SEASAME SAUCE	MEDITERRANEAN BAKED HADDOCK FILET	POACHED SALMON FILET WITH DILL SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS
Starch	MASHED POTATOES	BOILED POTATOES W/ FRESH PARSLEY	POTATOES PATTIES	ROASTED RED POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	*BROCCOLI FLORETS	BUTTERED CORN	BRAISED RED CABBAGE	SUI CHOY & *SPINACH	SLICED *CARROTS	GREEN KALE	DICED BEETS
Vegetable	WAX *BEANS	SEASONED *PEAS	*CAULIFLOWER	SPAGHETTI *SQUASH	BABY BOK CHOY	YELLOW ZUCCHINI	GREEN *BEANS
FEATURED Dessert	FRENCH CHEESECAKE	NANAIMO BAR	TRIPLE CHOCOLATE FUDGE CAKE	TAPIOCA PUDDING	APPLE BETTY WITH ICE CREAM	FRESH KIWI TARTS	INDIVIDUAL LEMON JELLO



* Menu item contains a Superfood.

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES

FATTY FISH
NUTS
PEACHES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

