



INSPIRED
SENIOR LIVING

Menu for the Week of November 17 - November 23, 2025



Dinner

OMELET OF THE WEEK: CRAB MEAT & DILL

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	SCOTCH BROTH SOUP	CORN, BACON & POTATO CHOWDER SOUP	HEARTY TOMATO & VEGETABLE SOUP	BUTTERNUT SQUASH SOUP	BEEF RICE SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	CRUMBLED TUNA & SLICED BOILED EGGS SALAD	PAPAYA & PINEAPPLE ON ICEBERG LETTUCE	BEET SALAD WITH RED ONION, MANDARIN ORANGES	FRESH BERRIES ON ICEBERG LETTUCE	FESTIVE SALAD AVOCADO, CORN, CHERRY TOMATOES ON LETTUCE	CRISPY BACON WITH CUCUMBER, RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE, GRAPES, HONEYDEW
Entrée 1	BRAISED SWISS STEAK	OVERNIGHT ROASTED PORK BELLY	THAI STYLE GROUND BEEF DISH WITH STEAMED RICE	GRILLED OKTOBERFEST SAUSAGES WITH POTATO & CARAMELIZED ONION	BREADED VEAL CUTLETS WITH GRAVY	TACO SALAD (GROUND BEEF)	CARVED BEEF FLANK STEAK WITH AU JUS
Entrée 2	LINGUINE CHICKEN PRIMAVERA WITH PARMESAN & GARLIC BREAD	HAWAIIAN STYLE ROASTED CHICKEN LEGS WITH GRILLED PINEAPPLE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	TRIPLE CHEESE TORTELLINI WITH CHICKEN, SPINACH ALFREDO SAUCE	ROAST CHICKEN THIGHS WITH GRAVY	SANTA FE ROASTED CHICKEN BREAST
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES & TARTAR SAUCE	SHRIMP SPRING ROLLS ON FRIED RICE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	POACHED SALMON FILET WITH HOLLANDAISE SAUCE	PAN FRIED COD FILET WITH CAPER SAUCE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	CREAMY SEAFOOD RISOTTO
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	MASHED SWEET POTATOES WITH CHIVES	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	ACORN *SQUASH	RED SWISS CHARD	GREEN BEANS	BAKED *TOMATO	MIXED VEGETABLES
Vegetable	SLICED CARROTS	DICED BEETS	MASHED TURNIPS & CARROTS	CORN NIBLETS	CAULIFLOWER	BRAISED GREEN CABBAGE	
FEATURED Dessert	CARROT CAKE	COCONUT PUDDING	HAYSTACK BROWNIE	BAKED EGG CUSTARD	WHIPPED PINEAPPLE JELLO	PUMPKIN PIE	BUTTERTART BAR



** 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

