



INSPIRED
SENIOR LIVING



Menu for the Week of November 24 - November 30, 2025

Dinner

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

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	ITALIAN MINISTRONE SOUP	CREAM OF MUSHROOM SOUP	CAULIFLOWER & LEEK SOUP	SEAFOOD CHOWDER SOUP	TOMATO BISQUE SOUP	CHICKEN NOODLE SOUP	PORK & BEAN SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	BOCCONCINI, TOMATO, CUCUMBER ON BUTTER LETTUCE	CRUMBLIED TUNA, AVOCADO & BOILED EGGS ON ICEBERG LETTUCE	SLICED *PEACHES & *BLACKBERRIES ON ICEBERG LETTUCE SALAD	MIXED GREENS WITH RED GRAPES, *RASPBERRIES & BLUE CHEESE	JICAMA, MANGO ON SPINACH SALAD	SLICED FRESH STRAWBERRY & FETA CHEESE SALAD	CRISPY BACON, HARD BOILED *EGGS ON ICEBERG LETTUCE SALAD
Entrée 1	GRILLED MINI BURGER SLIDERS WITH FRENCH FRIES	SLOW COOKED CORNED BEEF WITH BRAISED GREEN CABBAGE	HAM & CHEESE QUICHE	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY	BBQ PORK SPARERIBS	BEEF & VEGETABLE POT PIE WITH GRAVY	TRADITIONAL LAMB SHEPHERD'S PIE, GRAVY
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH HOISIN SAUCE	ROASTED CHICKEN LEGS WITH GRAVY	SWEET CURRY CHICKEN WITH BASMATI RICE	BAKED MACARONI & CHEESE	SMOKED TURKEY BREAST COLD PLATE WITH POTATO SALAD, FRESH VEGETABLES	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	CHICKEN FINGERS WITH CAESAR SALAD, PLUM SAUCE
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	COQUILLE ST JACQUES (SCALLOPS, MUSHROOMS, WHITE WINE SAUCE)	POACHED SALMON FILET WITH DILL SAUCE	POACHED BASA FILET WITH SAUTEED PRAWNS	POTATO CRUSTED COD FILET WITH TARTAR SAUCE	BAKED ASIAN STYLE SALMON FILET	BAKED HONEY SOY GLAZED COD FILET
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATO LYONNAISE	MASHED 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	PEAS	DICED BEETS	CORN NIBLETS	BAKED *TOMATOES	BROCCOLI	MIXED VEGETABLES	YELLOW BEANS
Vegetable	BABY CARROTS	CAULIFLOWER	ROASTED BRUSSEL SPROUTS	GREEN *BEANS	YELLOW ZUCCHINI		HONEY CARROTS
FEATURED Dessert	LEMON STREUSEL CAKE	BUTTERSCOTCH PUDDING	GERMAN CHOCOLATE CAKE	ORANGE CAKE	WARM TAPIOCA PUDDING	HOMESTYLE CARROT CAKE	INDIVIDUAL PINEAPPLE JELLO



* 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

