



INSPIRED
SENIOR LIVING

Menu for the Week of December 1 - December 7, 2025

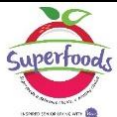


Menu items are subject to change due to availability of product. * Please check the Daily Menu Board*

Dinner

OMELETTE OF THE WEEK - 2 CHEESE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	BEEF BARLEY SOUP	LEMONGRASS & GINGER SOUP	SPLIT PEA & HAM SOUP	PULLED PORK, SPINACH, & BEANS SOUP	LLL : WINTER SQUASH SQUASH & APPLE SOUP	CHICKEN NOODLE SOUP	FRENCH ONION WITH CHEESE CROUTONS SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SPINACH WITH BERRIES & BRIE CHEESE SALAD	GRAPES, MANDARIN ORANGE ON ICEBERG LETTUCE	BEET SALAD WITH COTTAGE CHEESE	WALDORF SALAD	ROASTED SQUASH SALAD WITH SUNFLOWER SEEDS & FETA CHEESE	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & CRANBERRY	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	TRADITIONAL LAMB SHEPHERD'S PIE WITH GRAVY	BAKED HAM WITH RAISIN SAUCE	BREADED PORK CUTLETS WITH GRAVY	BRAISED LAMB CHOPS	ASIAN STYLE BBQ PORK ON STEAMED RICE	BRAISED CABBAGE ROLLS IN TOMATO SAUCE, SOUR CREAM	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	CHICKEN A LA KING IN PUFF PASTRY	SWEET & SOUR CHICKEN WITH STEAMED RICE	MARINATED & ROASTED CHICKEN LEGS WITH GRAVY	ROASTED CHICKEN BREAST WITH CARAMELIZED ONION GRAVY	CHICKEN WINGS WITH HONEY-GARLIC SAUCE	MARINATED & ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE
Entrée 3	BAKED SOLE FILET - THE MEDITERRANEAN WAY	CHINESE STEAMED COD FILET WITH GINGER-SCALLION SAUCE	POACHED SALMON FILET WITH TARTAR SAUCE	TORPEDO PRAWNS WITH FRENCH FRIES, TARTAR SAUCE & COLESLAW	ALMOND CRUSTED SOLE FILET WITH TARTAR SAUCE	GARLIC PRAWN SKEWERS WITH LEMON WEDGE	GRILLED HALIBUT FILET WITH LEMON SAUCE
Starch	POTATOES PATTIES	ROASTED POTATOES	BOILED YELLOW POTATO WITH DILL	MASHED POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE	BAKED 1/2 POTATO WITH SOUR CREAM
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	RED BEETS	STEAMED PEAS	ROASTED FRESH BRUSSEL SPROUTS	CAULIFLOWER	SLICED GREEN ZUCCHINI	BUTTERED CORN	SLICED CARROTS
Vegetable	STEAMED BOK CHOY	SPAGHETTI SQUASH	MASHED YELLOW TURNIPS & CARROTS	BROCCOLI FLORETS	BABY CARROTS	BAKED TOMATO	GREEN BEANS
FEATURED Dessert	DEEP DUTCH BROWNIES	COCONUT PUDDING	COCONUT LAYER CAKE	BANANA FLAMBE	PUMPKIN PIE	LEMON MERINGUE PIE	CHOCOLATE ÉCLAIR



* 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

