



INSPIRED
SENIOR LIVING



Menu for the Week of December 22 - December 28, 2025

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

Dinner

OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, TOMATOES, MUSHROOMS)

Week 4	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Appetizer: SOUP	TOMATO VEGETABLE SOUP	PORK & CHICKPEA SOUP	CLAM CHOWDER SOUP	*MERRY CHRISTMAS* CLEAR CHICKEN VERMICELLI SOUP	CABBAGE, POTATOES & SAUSAGES SOUP	CHICKEN NOODLE SOUP	CREAM OF CAULIFLOWER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS WITH FRESH BERRIES	SPINACH SALAD WITH SLICED EGGS & JULIENNE HAM	CHERRY TOMATO & CUCUMBER SALAD	SLICED FRESH RASPBERRIES & KIWI ON ICEBERG LETTUCE SALAD	GARLIC PRAWNS & FRESH AVOCADO SALAD	GREEN CABBAGE SALAD WITH MANGO & DRIED *CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUITS (HONEYDEW, CANTALOUPE, WATERMELON)
Entrée 1	BAKED *BEANS & WIENERS	SALISBURY STEAK WITH MUSHROOM GRAVY	BAKED MEATLOAF WITH GRAVY	GRILLED VEAL FLANK STEAK WITH MUSHROOM-ONION DEMI GLAZE	BAKED BEEF POT PIE WITH GRAVY	BAKED MEAT LASAGNA WITH GARLIC BREAD	ROASTED ROSEMARY PORK LOIN WITH GRAVY
Entrée 2	CHICKEN A LA GORDON (HAM & CHEESE) WITH GRAVY	POACHED CHICKEN BREAST IN COCONUT BROTH WITH *CRANBERRY SAUCE	CHICKEN VEGETABLES STIR FRY ON NOODLES	ROASTED TURKEY BREAST WITH STUFFING, GRAVY & CRANBERRY SAUCE	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	TERIYAKI CHICKEN WINGS	STEAMED POT STICKERS, SPRING ROLLS & FRIED RICE
Entrée 3	PAN FRIED TROUT FILET WITH MANGO SALSAS	LEMON & GARLIC SHRIMP SKEWERS WITH DILL BUTTER SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	PAN FRIED SALMON FILET WITH LEMON HERBS	SMOKED SALMON CREAM CHEESE QUICHE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	PAN SEARED COD LOIN WITH ROASTED RED PEPPER SAUCE
Starch	STEAMED POTATOES	ROASTED SEASONAL POTATOES	POTATO PATTIES	MASHED POTATOES	BAKED POTATOES WITH SOUR CREAM	POTATO LYONNAISE	POTATO PATTIES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED CARROTS	ROASTED BUTTERNUT SQUASH	BRUSSEL SPROUTS	BROCCOLINI	GOLDEN *BEETS	CORN	GREEN *BEANS
Vegetable	BABY BOK CHOY	PEAS & PEARL ONIONS	MASHED TURNIPS & CARROTS	ROASTED BABY CARROTS	SUGAR SNAP PEAS	ZUCCHINI BATONS	BAKED *TOMATOES
FEATURED Dessert	COCONUT PUDDING	APPLE PIE	ASSORTED CAKES	MINCEMEAT TARTS	CHOCOLATE BROWNIE	LEMON MERINGUE PIE	BANANA CREAM PIE

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT

CAULIFLOWER
CHERRIES
CRANBERRIES

FATTY FISH
NUTS
PEACHES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

