



INSPIRED  
SENIOR LIVING



## Menu for the Week of December 29, 2025 - January 4, 2026

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

### Dinner

OMELET OF THE WEEK: PAYSAN (BACON, POTATO, ONION)

	29-Dec	30-Dec	31-Dec	01-Jan	02-Jan	03-Jan	04-Jan
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	COCK A LEEKIE SOUP	TOMATO DILL SOUP	CREOLE CHICKEN GUMBO SOUP	WON TON SOUP	LLL: CARROTS CARROT & GINGER SOUP	CHICKEN NOODLE SOUP	NAVY *BEAN 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	SMOKED SALMON, AVOCADO & HARD BOILED EGGS ON BUTTER LETTUCE SALAD	GREEN SALAD WITH MANGO & *STRAWBERRY	SHREDDED CARROT WITH RAISIN SALAD	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED *TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	PAN FRIED VEAL LIVER WITH SAUTEED ONION GRAVY	SPAGHETTI BOLOGNESE WITH GARLIC BREAD & PARMESAN CHEESE	ROASTED MUSHROOM & SPINACH STUFFED FLANK STEAK ROLL WITH DEMI GLAZE	BEEF & VEGETABLE STIR FRY STEAMED RICE	CARROT & POTATO BEEF STEW	BRAISED PORK CHOPS	GRILLED CHEESEBURGER TOPPED WITH CRISPY BACON & FRENCH FRIES
Entrée 2	ROASTED CHICKEN LEGS WITH GRAVY	FIVE SPICE ROASTED DUCK LEGS WITH CINNAMON- CHERRY SAUCE	MARINATED & ROASTED CHICKEN SUPREME WITH GRAVY	ROASTED GARLIC ROSEMARY CHICKEN BREAST	BAKED BREADED CHICKEN PARMESAN	ROASTED CHICKEN THIGHS WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY
Entrée 3	TUNA MELT SALAD SANDWICH WITH COLESLAW, FRENCH FRIES	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS, TARTAR SAUCE	BAKED TERIYAKI GLAZED ATLANTIC SALMON	BAKED HALIBUT FILET WITH ORANGE SAUCE	SMOKED SALMON & GOAT CHEESE QUICHE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE
Starch	BAKED POTATOES WITH SOUR CREAM	BOILED POTATOES WITH FRESH PARSLEY	CREAMY MASHED POTATOES	ROASTED RED POTATOES	MASHED POTATOES	POTATO LYONNAISE	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	*BROCCOLI FLORETS	SEASONED PEAS	*BROCCOLI FLORETS	SPAGHETTI *SQUASH	CAULIFLOWER	GREEN KALE	DICED BEETS
Vegetable	WAX *BEANS	BUTTERED CORN	ROASTED CARROTS	SUI CHOY & *SPINACH	CARROTS	YELLOW ZUCCHINI	GREEN *BEANS
FEATURED Dessert	CHEESECAKE	CARAMEL-VANILLA SWIRL CAKE	CHOCOLATE CAKE	TAPIOCA PUDDING	CARROT CAKE	TRIPLE CHOCOLATE FUDGE CAKE	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

