

INSPIRED
SENIOR LIVING

Menu for the Week of January 5 - January 11, 2026

Dinner

OMELET OF THE WEEK: SPINACH & MOZZARELLA CHEESE

	05-Jan	06-Jan	07-Jan	08-Jan	09-Jan	10-Jan	11-Jan
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER SOUP	THREE MUSHROOM BARLEY SOUP	CREAMY VEGETABLES & WILD RICE SOUP	TOMATO RICE SOUP	GREEN CABBAGE & POTATO SOUP	CHICKEN NOODLE SOUP	CREAM OF *BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH FRESH *BLUEBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & DRIED *CRANBERRIES	SHRIMP COCKTAIL	*CHERRY *TOMATO, RED ONION, YELLOW PEPPER SALAD	WALDORF SALAD	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	MONGOLIAN STYLE BEEF WITH STEAMED RICE	PORK TENDERLOIN WRAPPED IN PUFF PASTRY WITH GRAVY	SLOW COOKED LAMB STEW ON EGG NOODLES	SWEDISH MEATBALLS WITH ORZO PASTA	HOT DOG WITH DICED ONIONS, SAUERKRAUT RELISH & FRENCH FRIES	BRAISED VEAL OSSO BUCCO	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	BAKED CHICKEN DRUMSTICKS	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY	BUTTER CHICKEN WITH STEAMED RICE	GRILLED CHICKEN BREAST ON CAESAR SALAD	CHICKEN VEGETABLE CHOW MEIN
Entrée 3	BAKED COD FLORENTINE	COCONUT CURRY MUSSELS WITH CHOPPED BASIL & CILANTRO	SALMON BURGER WITH FRENCH FRIES	SAUTEED KUNG PAO SHRIMP WITH RICE	POTATO CRUSTED COD FILET WITH TARTAR SAUCE	BAKED BREADED SOLE FILET WITH TARTAR SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED YAM POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	*BROCCOLI	PARSLIED *CAULIFLOWER	GREEN & YELLOW *BEANS	GLAZED CARROTS	CORN & TARRAGON	*BROCCOLI FLORETS	ROASTED FRESH BRUSSEL SPROUTS
Vegetable	BABY CARROTS	PEAS	BAKED *TOMATOES	SPAGHETTI *SQUASH	BABY BOK CHOY	RED BEETS	SLICED CARROTS
FEATURED Dessert	PUMPKIN PIE	*APPLE CRUMBLE BAR	COCONUT PANNA COTTA	TIGER BROWNIES	BUTTERSCOTCH PUDDING	STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM	ASSORTED CAKES

* 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

