



INSPIRED
SENIOR LIVING

Menu for the Week of January 12 - January 18, 2026



Dinner

OMELET OF THE WEEK: SMOKED SALMON & DILL

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	PORK, SPINACH & ORZO PASTA SOUP	CORN, BACON & POTATO CHOWDER SOUP	HEARTY TOMATO & VEGETABLE SOUP	TUSCAN SAUSAGES SOUP	BEEF RICE SOUP	CHICKEN NOODLE SOUP	SEAFOOD CHOWDER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	CRUMBLED TUNA & SLICED BOILED EGGS SALAD	PAPAYA & PINEAPPLE ON ICEBERG LETTUCE	BEEF SALAD WITH RED ONION, MANDARIN ORANGES	FRESH BERRIES ON ICEBERG LETTUCE	FESTIVE SALAD AVOCADO, CORN, CHERRY TOMATOES ON LETTUCE	CRISPY BACON WITH CUCUMBER, RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE, GRAPES & HONEYDEW
Entrée 1	HONEY GARLIC GLAZED HAM	BEEF ENCHILADAS WITH COLESLAW	SWEET & SOUR PORK WITH STEAMED RICE	GRILLED SKINLESS BREAKFAST SAUSAGES WITH POTATO & CARAMELIZED ONION	BREADED VEAL CUTLETS WITH GRAVY	MEAT LASAGNA WITH GARLIC BREAD	GINGER BEEF & VEGETABLES STIR FRY NOODLES
Entrée 2	LINGUINE CHICKEN PRIMAVERA WITH PARMESAN & GARLIC BREAD	ROASTED CHICKEN LEGS WITH BBQ GLAZE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	TERIYAKI CHICKEN KABOBS WITH RICE	ROAST CHICKEN THIGHS WITH GRAVY	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES & TARTAR SAUCE	BAKED GREEK STYLE SNAPPER FILET	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	POACHED SALMON FILET WITH LEMON SAUCE	AHI TUNA SALAD WITH SESAME DRESSING	SUNDRIED TOMATO CRUSTED BASA FILET
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	MASHED SWEET POTATOES WITH CHIVES	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	ACORN *SQUASH	RED SWISS CHARD	GREEN BEANS	BAKED *TOMATO	MIXED VEGETABLES
Vegetable	DICED BEETS	PEAS	MASHED TURNIPS & CARROTS	CORN NIBLETS	CAULIFLOWER	BRAISED GREEN CABBAGE	
FEATURED Dessert	NANAIMO BAR	COCONUT PUDDING	HOMEMADE BANANA CAKE	BAKED EGG CUSTARD	WHIPPED PINEAPPLE JELLO	LEMON MACAROON BAR	CHERRY PIE



* 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

