



INSPIRED
SENIOR LIVING



Menu for the Week of January 19 - January 25, 2026

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

Dinner

OMELETTE OF THE WEEK: GREEK STYLE (TOMATO, ONION, FETA CHEESE)

	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	*Sunday*
Appetizer: SOUP	ITALIAN MINESTRONE SOUP	FRENCH ONION SOUP	CHICKEN GUMBO SOUP	CAULIFLOWER & LEEK SOUP	COUNTRY VEGETABLE RICE SOUP	CHICKEN NOODLE SOUP	<i>ROBBIE BURNS DAY DINNER STARTS 5PM CORNEB BEEF SOUP WITH CABBAGE</i>
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FETA CHEESE, *TOMATO, CUCUMBER ON BUTTER LETTUCE	*AVOCADO & PROSCUITTO ON ICEBERG LETTUCE	SLICED *PEACHES & *BLACKBERRIES ON ICEBERG LETTUCE	MIXED GREENS WITH RED GRAPES, *RASPBERRIES & BLUE CHEESE	CABBAGE & CARROT COLESLAW SALAD	WARM CALAMARI SALAD WITH RANCH DRESSING	SHRIMP COCKTAIL
Entrée 1	GRILLED MINI BURGER SLIDERS WITH FRENCH FRIES	SLOW COOKED CORNEB BEEF WITH BRAISED GREEN CABBAGE	BEEF MEATLOAF WITH GRAVY	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY	BBQ PORK SPARERIBS	BEEF & VEGETABLE POT PIE WITH GRAVY	ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING & GRAVY
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH HOISIN SAUCE	ROASTED CHICKEN LEGS WITH GRAVY	BAKED CHICKEN CAPRESE	CHICKEN QUESADILLAS WITH SALAD, SOUR CREAM, SALSA & GUACAMOLE	BREADED CHICKEN WITH GRAVY	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	SWEET CURRY CHICKEN WITH STEAMED RICE
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	COQUILLE ST JACQUES (SCALLOPS, MUSHROOMS, WHITE WINE SAUCE)	FISH TACO WITH SALAD	PAN SEARED ROCK FISH WITH LEMON SAUCE	BAKED SMOKED SALMON & SAUTEED VEGETABLES QUICHE	POTATO CRUSTED COD FILET WITH TARTAR SAUCE	POACHED SALMON FILET WITH BERNAISE SAUCE
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATO LYONNAISE	MASHED POTATOES	POTATO PATTIES	BAKE 1/2 POTATO WITH SOUR CREAM	GARLIC MASHED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	DICED *BEETS	CAULIFLOWER	MIXED VEGETABLES	BROCCOLINI	SPAGHETTI *SQUASH	MASHED CARROTS & TURNIPS
Vegetable	BABY CARROTS	CORN NIBLETS	BAKED TOMATOES		YELLOW ZUCCHINI	GREEN *BEANS	ROASTED FRESH BRUSSEL SPROUTS
FEATURED Dessert	PECAN PIE	CUSTARD BREAD PUDDING WITH CARAMEL SAUCE	APPLE CRUMBLE BAR	WARM CHOCOLATE MOLTEN CAKE	CREAMY RICE RAISIN PUDDING	INDIVIDUAL PEACH JELLO	BUTTERSCOTCH PUDDING TARTS WITH WHIPPED CREAM



* 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

