



INSPIRED
SENIOR LIVING



Menu for the Week of February 2 - February 8, 2026

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

Dinner

OMELET OF THE WEEK: CRAB MEAT, GREEN ONION, FETA CHEESE

	02-Feb-26	03-Feb-26	04-Feb-26	05-Feb-26	06-Feb-26	07-Feb-26	08-Feb-26
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	GREEN *LENTIL SOUP	ROASTED RED PEPPER WITH CHICKPEAS SOUP	CHICKEN GUMBO SOUP	WHITE BEANS & CHORIZO SAUSAGES SOUP	'LLL BEEF' BEEF & BARLEY SOUP	CHICKEN NOODLE SOUP	CREAM OF *BROCCOLI WITH CHEDDAR CHEESE SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	TOMATO, CUCUMBER ON ICEBERG LETTUCE SALAD	MANGO & BLACKBERRIES TOSSED SALAD	SLICED *PEACHES & *STRAWBERRIES ON ICEBERG LETTUCE SALAD	SHREDDED CRAB MEAT & BOILED EGGS SALAD	LLL: THAI STEAK SATAY ON ASIAN SLAW	FRESH *SPINACH WITH DRIED *CRANBERRIES & TOASTED *ALMONDS	CHERRY *TOMATOES & BOCCONCINI CHEESE SALAD
Entrée 1	ROASTED RIB EYE WITH GRAVY	SPAGHETTI BOLOGNESE WITH PARMESAN CHEESE & GARLIC BREAD	ROASTED PORK TENDERLOIN WITH BLUEBERRY SAUCE	GRILLED OKTOBER SAUSAGES WITH SAUERKRAUT & MASH POTATOES	LLL: BRAISED BEEF & VEGETABLE RAGU	ASIAN STYLE BBQ PORK WITH RICE	BREADED VEAL CUTLETS WITH GRAVY
Entrée 2	CHINESE LEMON CHICKEN ON STEAMED RICE	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE	BAKED CHICKEN THIGHS WITH GRAVY	BRAISED CHICKEN BREAST WITH CRANBERRY SAUCE	GRILLED CHICKEN BREAST WITH CAESAR SALAD/ LEMON WEDGE	BAKED CHICKEN KABOBS WITH TZATZIKI SAUCE	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED TARTAR BASA FILET	BAKED SOYA-GINGER COD FILET	PAN FRIED HADDOCK FILET WITH LEMON SAUCE	POACHED SALMON FILET WITH LEMON DILL SAUCE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	POACHED SALMON FILET WITH CAPER SAUCE
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	MASHED YAM POTATOES	WHIPPED POTATOES	POTATO PATTIES	FRENCH FRIES	POTATO O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	YELLOW WAXED *BEANS	BOK CHOY	BRAISED RED CABBAGE	DICED RED BEETS	BROCCOLI FLORETS	PEAS	SLICED BALSAMIC *BEETS
Vegetable	*BROCCOLINI	BUTTERED CORN	GREEN *BEANS ALMANDINE	PARSLIED *CAULIFLOWER	ROASTED BUTTERNUT SQUASH	GLAZED CARROTS	SUI CHOY & *SPINACH
FEATURED Dessert	BAKED *APPLES (GALA *APPLES WITH CARAMEL SAUCE)	INDIVIDUAL WHIPPED STRAWBERRY JELLO	BUTTER TART BAR	ROCKY ROAD BROWNIE	CHEESECAKE WITH SEASONAL FRUIT COMPOTE	PECAN TARTS	CHERRIES JUBILEE WITH ICE 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
YOGURT

