

INSPIRED
SENIOR LIVING

Menu for the Week of February 9 - February 15, 2026

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

Dinner

OMELET OF THE WEEK: HAM & CHEESE

	09-Feb-26	10-Feb-26	11-Feb-26	12-Feb-26	13-Feb-26	14-Feb-26	15-Feb-26
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	POTATO LEEK	COUNTRY VEGETABLE	THREE GRAIN & VEGETABLE	CREAMY SPINACH RICE	CHICKEN NOODLE	VALENTINE'S DAY BUTTERNUT *SQUASH	CREAM OF BROCOLLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH *STRAWBERRIES ON ICEBERG LETTUCE	CAESAR SALAD	*SPINACH WITH PINEAPPLE & ROASTED COCONUT	SNAP PEAS & RADISH	SHREDDED CRAB MEAT & SLICED EGGS	MIXED GREEN SALAD WITH FRESH STRAWBERRIES	POTATO SALAD
Entrée 1	BAKED SAUSAGE ROLLS WITH MASHED POTATOES & GRAVY	CHINESE DAIKON CARROT & TOMATO BEEF STEW ON ORZO PASTA	BRAISED CURRIED LAMB WITH MANGO CHUTNEY & RICE	BRAISED PORK CHOPS	BRATWURST SAUSAGES WITH SAUERKRAUT	GRILLED NEW YORK STEAK WITH DEMI-GLAZE	MAUI SHORT RIBS WITH RICE PILAF
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	TURKEY POT PIE WITH GRAVY	ROASTED BBQ GLAZED CHICKEN LEGS	ROASTED CHICKEN KABOBS WITH TERIYAKI	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	GRILLED SALMON FILET WITH DILL SAUCE	BREADED SOLE FILET WITH TARTAR SAUCE	PRAWN VEGETABLE CHOW MEIN	BAKED SALMON WELLINGTON	POACHED SALMON FILET WITH CREAMY DILL SAUCE	SEAFOOD VEGETABLE FRITTATA WITH TOSSED SALAD
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	ROASTED POTATOES	MASHED SWEET POTATOES	BAKED 1/2 POTATO W/ SOUR CREAM	CREAMY MASHED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CARROTS	ROASTED BRUSSEL SPROUTS	*BROCCOLI FLORETS	BUTTERED CORN	*BEETS	SAUTÉED FRESH VEGETABLES	GREEN *BEANS
Vegetable	PEAS	YELLOW TURNIPS	BUTTERNUT *SQUASH	ZUCCHINI	ASPARAGUS		SPAGHETTI *SQUASH
FEATURED Dessert	CHEESECAKE WITH RASPBERRY SAUCE	PINEAPPLE UPSIDE DOWN CAKE	BROWNIE BAR	LEMON STREUSEL CAKE	CARROT CAKE	HOME MADE PAVLOVA (MERINGUE DESSERT WITH STRAWBERRY SAUCE)	BLUEBERRY TART

* 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