

Jan 22 - Jan 28		 INSPIRED SENIOR LIVING	<i>Lunch</i>				 THE LODGE AT VALLEY RIDGE INSPIRED SENIOR LIVING WITH 
Week 4	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
Soup	Cream of Cauliflower Soup	Tomato and Dill Soup	Clam Chowder	Carrot and Coconut Soup	Hungarian Mushroom Soup	Miso and Vegetable Soup	Tortellini Soup
Entrée 1	Pastrami and Grainy Mustards Aioli on Rye	Open Face Hot Turkey Sandwich	Tuna Salad on Multigrain	Egg Salad Sandwich	Crispy Chicken, Lettuce, Tomato, and Cajun Mayonnaise on a Bun	Fish Taco Guacamole and Cilantro Cream	Cobb Salad - Turkey, bacon, Egg, Avocado, Tomato and Blue Cheese
side	Mixed Rye Salad	French Fries	Greek Salad	Spinach Salad	Tomato and Cucumber Salad	Rainbow Slaw	
Entrée 2	BBQ Pork on Avocado and Orange Salad	Smoked Salmon and Egg Salad on Rye	Belgian Waffles	Chili Con Carne	Grilled Apple and Cheddar on Sourdough	Roasted Vegetable and Feta Quiche	Grilled Cubano Sandwich - Roast Pork, Ham, Swiss Cheese and Pickles
Side	Dinner Roll	Potato Salad	Sausage	Cornbread Muffin	Tomato and Cucumber Dill Salad	Tossed Salad	Hash Browns and Fresh Fruits
Dessert	Almondine Croissant	Date Square	Butter Tart Square	Ambrosia Salad	Peach Melba	Warm Apple Crisp	Vanilla Pudding
<i>Dinner</i>							
Appetizer	Guacamole with Taco Chips	Peach and Beets Salad with Goat Cheese	Carrot, Pineapple and Raisin Salad	Cock-A-Leekie-Soup	Spinach Salad	Shrimp and Cocktail Sauce	Bruschetta
Entrée 1	Butter Chicken, Naan Bread and Basmati Rice	Pork Piccata with Lemon Caper Butter	Chicken Thigh Adobo with Steamed Rice	Scottish Fisherman Platter	Pasta with Sausage in Tomato Sauce with Garlic Bread	Mild Spiced Jerk Pork Tenderloin	Brown Sugar, Orange, 5-Spiced Glazed Ham
Side							
Entrée 2	Pan Seared Sole Filet with Gremolata	Beef Steak Pie	Traditional Beef Lasagna with Garlic Toast	Scottish Ale Roast Beef	Chicken Breast Marsala	Turkey Medallions with Cranberry Shallot Sauce	Lemon Pepper Cod Loin with Chive Cream Sauce
Side	Whipped Potatoes	Hash Brown Potatoes		Rumbled Thumps Potato	Lemon and Oregano Potato	Pearl Barley	Whipped Potatoes
Vegetable	Sweet Corn	Stuffed Tomato	Brussel Sprouts	Garden	Sugar Snap Peas	Zucchini	Baby Carrots
Vegetable	Diced Carrots	Green Beans	Baked Squash	Mashed Turnips	Yellow Beets	Baked Squash	Green Beans
Dessert	Pineapple Upside Down Cake	Sticky Toffee Pudding	Cheesecake with Cherry Compote	Cheesecake Crème Brule	Pumpkin Pie	Strawberry Shortcake	Apple Crumble

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local

Breakfast - Daily menu choices -Bacon, Sausages and Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea