




Feb 12 - Feb 18		 INSPIRED SENIOR LIVING		Lunch			 INSPIRED SENIOR LIVING WITH	
Week 1	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18	
Soup	Potato and Leek Soup	Tortellini Soup	Country Vegetable Soup	French Canadian Pea Soup	Cream Chicken and Wild Rice Soup	Borscht	Beef Barley Soup	
Entrée 1	Tuna Salad on Whole Wheat	Fresh Fruit Plate	Potato Pancakes	BLT Sandwich	Reuben Sandwich on Rye	Egg Salad Sandwich	Chicken Salad Sandwich on Whole Wheat	
side	Caesar Salad	Cottage Cheese and Baked Scone	Sausages	Tossed Salad		Vinaigrette Coleslaw	Mixed Green Salad	
Entrée 2	Honey Garlic Chicken Wings	Black Forest Ham, Lettuce, Tomato and Maple Aioli Sandwich	Beef Skewers	Roasted Vegetable and Feta Quiche	Poutine	Crispy Filo Crusted Shrimp on Spinach and Mandarin Salad	Perogies	
Side	Fried Rice	Apple Pecan Salad	Fried Rice	Tossed Salad		Dinner Roll	Bacon , Fried Onions and Sour Cream	
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	
<b>Dinner</b>								
Appetizer	Heirloom Tomato Salad	Broccoli, Bacon and Cheddar Salad	 Happy Valentine's Day	Smoked Duck Citrus Salad	Chickpea Salad	Toma, Cucumber and Red Onion Salad	Shrimp and Avocado Salad	
Entrée 1	Beef Meatloaf	Stir-Fry Chicken, Snow Peas and Peppers with Steamed Rice		Veal Saltimbocca	Stir-Fry Shrimp and Vegetables with Steamed Rice	Turkey Pot Pie	Sweet and Sour Pork	
Side								
Entrée 2	Pan Fried Sole Filet with Tarragon Brown Butter Sauce	Slow Roast Pork Loin with Apricot and Thyme Sauce		Pork Chop Italiano	Curried Chicken and Chickpea Stew on Rice	Teriyaki Beef and Broccoli with Steamed Rice	Roasted Chicken and Gravy	
Side	Mashed Potatoes	Scalloped Potatoes		Risotto	Rice	Scalloped Potatoes	Mashed Potatoes	
Vegetable	Carrot Coins	Corn, Beets and Pea Medley	Cauliflower	Sugar Snap Peas	Roasted Zucchini	Baby Carrots		
Vegetable	Sauteed Bok Choy		Seasoned Broccoli	Yellow Beets	Buttered Corn	Green Beans		
Dessert	Fruit Cobbler	German Chocolate Cake		Tiramisu	Black Cherry Ice Cream	Greek Style Donuts Lavender Ice Cream	Raspberry Cheesecake	

\* 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