



Feb 19 - Feb 25		 INSPIRED SENIOR LIVING		<i>Lunch</i>				 THE LODGE AT VALLEY RIDGE <small>INSPIRED SENIOR LIVING WITH</small>	
Week 2	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25		
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	House Salad	Soup of the Day	Soup of the Day		
Entrée 1	All Dressed Hotdog	Smoked Salmon, Red Onions, Caper Aioli on Light Rye	Canadian Club Sandwich	Black Forest Ham, Lettuce, Tomato and Dijon Mayonnaise Sandwich	BBQ Chicken Leg	Seafood Melt on English Muffin	Chicken Mango Salad		
side	Caesar Salad	Purple Cabbage Slaw	French Fries	Beets and Onion Salad		Pineapple Coleslaw	Dinner Roll		
Entrée 2	Corned Beef on Rye	Taco Bell	Smoked Turkey, Lettuce and Tomato Sandwich	Western Omelet	Oktoberfest Sausage, Sauerkraut and Gravy	Beef Burger, Lettuce, Tomato, Onions, Pickles	Egg's Benedict		
Side	Caesar Salad	Hash Browns	Potato Salad	Home Fried Potatoes	<small>Baked Potato, Braised Red Cabbage and Green Beans Almondine</small>	French Fries	Hash Browns		
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Orange Cake with Frosting	Assorted Desserts	Assorted Desserts		
<i>Dinner</i>									
Appetizer	Cucumber Dill Salad	Egg Roll with Plum Sauce	Bruschetta	Cold Cuts OR Caprese Salad	Soup of the day	Fried Dumpling with Plum Sauce	French Onion Soup		
Entrée 1	Chicken a L'orange	Spaghetti and Meatballs	Roasted Rack of Lamb	Braised Veal Ossobuco with Polenta	Kale Crunch Power Bowl	Oven Roasted Pork Tenderloin with Caramelized Onions and Dijon Gravy	Roast Beef Au-Jus with Yorkshire Pudding		
Side	Mashed Potatoes	Garlic Bread	Roasted Sweet Potatoes	Mashed Potatoes	Multigrain Bread	O'Brien Potatoes	Mashed Potatoes		
Entrée 2	Panko Crusted Perch Filet topped with Dill and Shaved Cucumber	Yucatan Pork Loin with Pickled Red Onions	Haddock with Pimiento Hollandaise Sauce	Pan Roasted Salmon Filet Stuffed with Spinach Lemon Dill Sauce	Fish and Chips	Cabbage Roll in Marinara Sauce	Seafood Newburg on Puff Pastry Shell		
Side	Mashed Potatoes	Brown Rice	Roasted Sweet Potatoes	Wild Rice	Coleslaw and Tartar Sauce	O'Brien Potatoes	Mashed Potatoes		
Vegetable	Yellow Waxed Beans	Sauteed Bok Choy	Braised Red Cabbage	Italian Mixed Vegetables		Roasted Candied Carrots	Seasoned Broccoli		
Vegetable	Seasoned Broccoli	Buttered Corn	Green Beans Almondine			Zucchini	Baked Squash		
Dessert	Carrot Cake	Pecan Pie	Orange Cake with Frosting	Tiramisu	Assorted Desserts	Tuxedo Truffle Mousse Cake	Pumpkin Pie		

* 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