

Lunch

Week 2	Sun May 7, 2023	Mon May 8, 2023	Tue May 9, 2023	Wed May 10, 2023	Thur May 11, 2023	Fri May 12, 2023	Sat May 13, 2023
Soup	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day
Entrée 1	Classic Egg Benedict	Baked Macaroni & Cheese	Tuna Salad Sandwich	Hot Beef Dip	Sliced Turkey & Bacon on Light Rye	Chef's salad	Peameal Bacon on a Bun
Side	Hash Brown	Tossed Salad	Marinated Vegetables	French Fries	Vinaigrette Coleslaw	Bistro Bun	Potato Bites
Entrée 2	Seafood Croissant	Hot Montreal Smoked Meat Sandwich	Beef Samosa	Pork Caesar Salad	Fresh Fruit Plate	Fish Burger	Baked Manicotti
Side	Caesar Salad	Bean Salad	Tossed Salad	Bistro Bun	Banana Loaf	Onion Rings	Tossed Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

Dinner

Appetizer	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Roasted Prime Rib	Leg of Veal w/ Mint Jelly	Lamb Kebab	Spanish Steak	Grilled Veal Liver w/ Grilled Onions	Catch of the Day	Chicken Shawarma
Side	Mashed Potatoes	Lyonnaise Potatoes	Rice	Mashed Potatoes	Mashed Potatoes	Rice Pilaf	Mashed Potatoes
Entrée 2	Coconut Breaded Shrimp w/Rice	Catch of The Day	Pasta Night	Catch of The Day	Grilled Ham Steak	Baked French Canadian Tourtiere	Salisbury Steak
Side	Rice	Rice	Garlic Bread	Boiled Potatoes	Scalloped Potato	Mashed Potatoes	Mashed Potatoes
Vegetable	Cauliflower	Brussel Sprouts	Garden Mixed Vegetables	Green Peas w/ Pearl Onions	Braised Red Cabbage	Broccoli	0
Vegetable	Acorn Squash	Turnips	Baked Yam	Golden Beets	Jardiniere of Vegetables	Mixed Vegetables	Green Beans
Dessert	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Apple Pie

* Menu item contains a Superfood.



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



Living Loving Local

Choose Superfoods more often for optimal health - Apples, Avocado, Beans, Lentils, Beets, Blackberries, Bran , Oats, Broccoli, Cauliflower, Cherries, Cranberry, Eggs, Fatty Fish-Salmon, Nuts, Peaches, Raspberries, Spinach, Strawberries, Squash, Tomato & Yogurt

LUNCH



Sun May 7, 2023

Soup of the day

Soup of The Day

Entrée 1

Classic Egg Benedict

Side

Hash Brown

~~~

## **Entrée 2**

*Seafood Croissant*

## **Side**

*Caesar Salad*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart **sf**super  
foods



INSPIRED  
SENIOR LIVING



# DINNER



**Sun May 7, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Roasted Prime Rib*

## **Entrée 2**

*Coconut Breaded Shrimp w/ Rice*

~~~

Starch

Mashed Potatoes

Vegetables

Cauliflower

Acorn Squash

Dessert

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas
full bar service available

gsgluten sensitive
heart-smart **sf**super
foods



INSPIRED
SENIOR LIVING



LUNCH



Mon May 8, 2023

Soup of the day

Soup of The Day

Entrée 1

Baked Macaroni & Cheese

Side

Tossed Salad

~~~

## **Entrée 2**

*Hot Montreal Smoked Meat Sandwich*

## **Side**

*Bean Salad*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart **sf**super  
foods



INSPIRED  
SENIOR LIVING



# DINNER



**Mon May 8, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Leg of Veal w/ Mint Jelly*

## **Entrée 2**

*Catch of The Day*

~~~

Starch

Lyonnais Potatoes

Vegetables

Brussel Sprouts

Turnips

Dessert

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas
full bar service available

gsgluten sensitive
heart-smart **sf**super
foods



INSPIRED
SENIOR LIVING



LUNCH



Tue May 9, 2023

Soup of the day

Soup of The Day

Entrée 1

Tuna Salad Sandwich

Side

Marinated Vegetables

~~~

## **Entrée 2**

*Beef Samosa*

## **Side**

*Tossed Salad*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart **sf**super  
foods



INSPIRED  
SENIOR LIVING



# DINNER



**Tue May 9, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Lamb Kebab*

## **Entrée 2**

*Pasta Night*

~~~

Starch

Rice

Vegetables

Garden Mixed Vegetables

Baked Yam

Dessert

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas
full bar service available

gsgluten sensitive
heart-smart
sfsuper foods



INSPIRED
SENIOR LIVING



.....

LUNCH



Wed May 10, 2023

Soup of the day

Soup of The Day

Entrée 1

Hot Beef Dip

Side

French Fries

~~~

## **Entrée 2**

*Pork Caesar Salad*

## **Side**

*Bistro Bun*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gluten** sensitive  
heart-smart **super**  
foods



INSPIRED  
SENIOR LIVING



# DINNER



**Wed May 10, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Spanish Steak*

## **Entrée 2**

*Catch of The Day*

~~~

Starch

Boiled Potatoes

Vegetables

Green Peas w/ Pearl Onions

Golden Beets

Dessert

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas
full bar service available

gluten sensitive
heart-smart **super**
foods



INSPIRED
SENIOR LIVING



.....

LUNCH



Thur May 11, 2023

Soup of the Day

Soup of The Day

Entrée 1

Sliced Turkey & Bacon on Light Rye

Side

Vinaigrette Coleslaw

~~~

## **Entrée 2**

*Fresh Fruit Plate*

## **Side**

*Banana Loaf*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart **sf**super  
foods



INSPIRED  
SENIOR LIVING





# DINNER



**Thur May 11, 2023**

## **Appetizer**

*Chicken Matzo Soup*

## **Entrée 1**

*Roasted Beef Brisket*

## **Entrée 2**

*1/4 Roasted Chicken*

~~~

Starch

Roasted Potato

Vegetables

Brussel Sprouts

Carrots

Dessert

Chocolate Flourless Torte

fruit juice, fresh brewed coffee, assorted teas
full bar service available

gs gluten sensitive
heart-smart
sfsuper foods



INSPIRED
SENIOR LIVING



LUNCH



Fri May 12, 2023

Soup of the day

Soup of The Day

Entrée 1

Chef's salad

Side

Bistro Bun

~~~

## **Entrée 2**

*Fish Burger*

## **Side**

*Onion Rings*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart **sf**super  
foods



INSPIRED  
SENIOR LIVING



# DINNER



**Fri May 12, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Catch of the Day*

## **Entrée 2**

*Baked French Canadian Tourtiere*

~~~

Starch

Mashed Potatoes

Vegetables

Broccoli

Mixed Vegetables

Dessert

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas
full bar service available

gsgluten sensitive
heart-smart
sfsuper foods



INSPIRED
SENIOR LIVING



LUNCH



Sat May 13, 2023

Soup of the Day

Soup of The Day

Entrée 1

Peameal Bacon on a Bun

Side

Tossed Salad

~~~

Entrée 2

Baked Manicotti

Side

Tossed Salad

Dessert

Assorted Desserts

fruit juice, fresh brewed coffee, assorted teas  
full bar service available



gs gluten sensitive  
heart-smart sf super  
foods



INSPIRED  
SENIOR LIVING

DINNER



Sat May 13, 2023

Appetizer

Chef's Choice

Entrée 1

Chicken Shawarma

Entrée 2

Salisbury Steak

~~~

Starch

Mashed Potatoes

Vegetables

0

Green Beans

Dessert

Apple Pie

fruit juice, fresh brewed coffee, assorted teas
full bar service available



gs gluten sensitive
heart-smart sf super
foods



INSPIRED
SENIOR LIVING

ALTERNATIVE MENU



LUNCH

Build your own Caesar Salad

Shrimp, Calamari, Chicken Breast

~ ~ ~

Build your own Omelette

Ham, Mushroom, Shrimp, Fresh Herbs, Cheese

Fresh Fruit Plate

With Cottage Cheese



INSPIRED
SENIOR LIVING

ALTERNATIVE MENU



LUNCH

Build your own Caesar Salad

Shrimp, Calamari, Chicken Breast

~ ~ ~

Build your own Omelette

Ham, Mushroom, Shrimp, Fresh Herbs, Cheese

Fresh Fruit Plate

With Cottage Cheese



INSPIRED
SENIOR LIVING