

### Lunch

| Week 1   | Sun Jun 25, 2023           | Mon Jun 26, 2023     | Tue Jun 27, 2023          | Wed Jun 28, 2023                  | Thur Jun 29, 2023 | Fri Jun 30, 2023         | Sat Jul 1, 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 | English Breakfast          | Chicken Wings        | Perogies                  | Chicken Fingers                   | Cuban Sandwich    | Toasted Western Sandwich | Cheese Strudel w/ Egg, Onion, & Bacon |
| Side     | Hash Brown                 | Fried Rice           | Sausages                  | French Fries                      | Potato Bites      | Carrot & Pineapple Slaw  | Potato Bites                          |
| Entrée 2 | Seafood Salad on Croissant | Avocado & Crab Salad | Salmon Salad Sandwich     | Cheese Blintz w/ Strawberry Sauce | Jamaican Patties  | Fish Tacos               | Grilled Cheese w/ Bacon               |
| Side     | Apple & Raisin Slaw        | Bistro Bun           | Marinated Vegetable Salad | Tossed Salad                      | Tossed Salad      | Onion Rings              | Potato Bites                          |
| Dessert  | Chef's Choice              | Chef's Choice        | Chef's Choice             | Chef's Choice                     | Chef's Choice     | Chef's Choice            | Chef's Choice                         |

### 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  | Chicken Bressi w/ White Wine Sauce | English Style Corned Beef w/ Cabbage | Lasagna       | Beef Pot Roast      | Grilled Duck Legs   | Lamb Meatballs   | BBQ Chicken Legs |
| Side      | Mashed Potatoes                    | Boiled Potatoes                      | Garlic Toast  | Spatzel             | Confit Potatoes     | Mashed Potatoes  | Boiled Potatoes  |
| Entrée 2  | Coconut Breaded Shrimp             | Catch of The Day                     | Pork Stew     | Catch of The Day    | BBQ Baby Back Ribs  | Catch of The Day | Chef's Choice    |
| Side      | Rice                               | Boiled Potatoes                      | Rice          | Rice                | Baked Potato        | Mashed Potatoes  | Boiled Potatoes  |
| Vegetable | Asparagus                          | Romanesco                            | Baked Yams    | Mexican Corn        | Golden Beets        | Herb Zucchini    | Green Beans      |
| Vegetable | Mixed Vegetables                   | Butternut Squash                     | Cauliflower   | Battons of Rutabaga | Peas a la Francaise | Carrots          | Roasted Turnips  |
| Dessert   | Chef's Choice                      | Chef's Choice                        | Chef's Choice | Chef's Choice       | Chef's Choice       | Chef's Choice    | Chef's Choice    |

\* Menu item contains a Superfood.



Living Loving Local

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

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 Jun 25, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*English Breakfast*

## **Side**

*Hash Brown*

~~~

## **Entrée 2**

*Seafood Salad on Croissant*

## **Side**

*Apple & Raisin Slaw*

## **Dessert**

*Chef's Choice*

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

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



INSPIRED  
SENIOR LIVING



# DINNER



**Sun Jun 25, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Chicken Bressi w/ White Wine Sauce*

## **Entrée 2**

*Coconut Breaded Shrimp*

~~~

## **Starch**

*Mashed Potatoes*

## **Vegetables**

*Asparagus*

*Mixed Vegetables*

## **Dessert**

*Chef's Choice*

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

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



INSPIRED  
SENIOR LIVING



# LUNCH



**Mon Jun 26, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Chicken Wings*

## **Side**

*Fried Rice*

~~~

## **Entrée 2**

*Avocado & Crab Salad*

## **Side**

*Bistro Bun*

## **Dessert**

*Chef's Choice*

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

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



INSPIRED  
SENIOR LIVING



# DINNER



**Mon Jun 26, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*English Style Corned Beef w/ Cabbage*

## **Entrée 2**

*Catch of The Day*

~~~

## **Starch**

*Boiled Potatoes*

## **Vegetables**

*Romanesco*

*Butternut Squash*

## **Dessert**

*Chef's Choice*

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

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



INSPIRED  
SENIOR LIVING



# LUNCH



**Tue Jun 27, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Perogies*

## **Side**

*Sausages*

~~~

## **Entrée 2**

*Salmon Salad Sandwich*

## **Side**

*Marinated Vegetable Salad*

## **Dessert**

*Chef's Choice*

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

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



INSPIRED  
SENIOR LIVING



# DINNER



**Tue Jun 27, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Lasagna*

## **Entrée 2**

*Pork Stew*

~ ~ ~

## **Starch**

*Garlic Toast*

## **Vegetables**

*Baked Yams*

*Cauliflower*

## **Dessert**

*Chef's Choice*

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

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



INSPIRED  
SENIOR LIVING



# LUNCH

**Wed Jun 28, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Chicken Fingers*

## **Side**

*French Fries*

~~~

## **Entrée 2**

*Cheese Blintz w/ Strawberry Sauce*

## **Side**

*Tossed Salad*

## **Dessert**

*Chef's Choice*

Fruit Juice, Fresh Brewed Coffee, Assorted Teas  
Full Bar Service Available

**Gluten Sensitive**  
**Heart-Smart**  
**Super Foods**



INSPIRED  
SENIOR LIVING



# DINNER

**Wed Jun 28, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Beef Pot Roast*

## **Entrée 2**

*Catch of The Day*

~~~

## **Starch**

*Spatzel*

## **Vegetables**

*Mexican Corn*

*Battons of Rutabaga*

## **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 Jun 29, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Cuban Sandwich*

## **Side**

*Potato Bites*

~ ~ ~

## **Entrée 2**

*Jamaican Patties*

## **Side**

*Tossed Salad*

## **Dessert**

*Chef's Choice*

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

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



INSPIRED  
SENIOR LIVING



# DINNER



**Thur Jun 29, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Grilled Duck Legs*

## **Entrée 2**

*BBQ Baby Back Ribs*

~ ~ ~

## **Starch**

*Confit Potatoes*

## **Vegetables**

*Golden Beets*

*Peas a la Francaise*

## **Dessert**

*Chef's Choice*

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

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



INSPIRED  
SENIOR LIVING



# LUNCH



**Fri Jun 30, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Toasted Western Sandwich*

## **Side**

*Carrot & Pineapple Slaw*

~~~

## **Entrée 2**

*Fish Tacos*

## **Side**

*Onion Rings*

## **Dessert**

*Chef's Choice*

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

**gs**gluten sensitive  
heart-smart **sfsuper**  
foods



INSPIRED  
SENIOR LIVING



# DINNER



**Fri Jun 30, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Lamb Meatballs*

## **Entrée 2**

*Catch of The Day*

~ ~ ~

## **Starch**

*Mashed Potatoes*

## **Vegetables**

*Herb Zucchini*

*Carrots*

## **Dessert**

*Chef's Choice*

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

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



INSPIRED  
SENIOR LIVING



# LUNCH



**Sat Jul 1, 2023**

## Soup of the Day

*Soup of The Day*

### Entrée 1

*Cheese Strudel w/ Egg, Onion, & Bacon*

### Side

*Potato Bites*

~~~

### Entrée 2

*Grilled Cheese w/ Bacon*

### Side

*Potato Bites*

### Dessert

*Chef's Choice*

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

gs gluten sensitive  
heart-smart sf super  
foods



INSPIRED  
SENIOR LIVING



# DINNER



**Sat Jul 1, 2023**

## Appetizer

*Chef's Choice*

### Entrée 1

*BBQ Chicken Legs*

### Entrée 2

*Chef's Choice*

~~~

### Starch

*Boiled Potatoes*

### Vegetables

*Green Beans*

*Roasted Turnips*

### Dessert

*Chef's Choice*

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