

Lunch

Week 3	Sun Aug 13, 2023	Mon Aug 14, 2023	Tue Aug 15, 2023	Wed Aug 16, 2023	Thur Aug 17, 2023	Fri Aug 18, 2023	Sat Aug 19, 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	Toasted Waffles w/ Fruit Sauce	Tuna & Artichoke Melt on English Muffin	Hot Beef Dip	Baked Pizza	Meatballs on Sub	Pastrami on Rye Sandwich	Western Sandwich
Side	Ham	Tossed Salad	French Fries	Greek Salad	Tater Tots	Vegetable Salad	Tater Tots
Entrée 2	Vegetable Club Sandwich	Chef Salad	Cold Seafood Platter	Curried Chicken Salad	Chicken Caesar Salad	Baked Eggs w/ Tomato Sauce	Samosa w/ Mango Chutney
Side	Potato Chips	Baked Scone	Freshly Baked Roll	Croissant	Bistro Bun	Multigrain Toast	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	Apple Cider, Mustard & Sage Glazed Ham	Baked Meat Loaf w/ Chasseur Sauce	Pork Picatta	Chicken Parmigiana	Turkey Cutlet	Catch of The Day	Roast Leg of Lamb w/ Mint Jelly
Side	Scalloped Potatoes	Mashed Potatoes	Rice	Pasta	Rice	Parsley Boiled Potato	Croquette Potato
Entrée 2	Braised Lamb Shank	Catch of The Day	Pasta Night	Catch of The Day	Braised Beef Short Rib	Veal Scallopini	Chicken Stew w/ Dumplings
Side	Polenta	Rice	Garlic Toast	Rice	Mashed Potatoes	Rice	Dumplings
Vegetable	Brussel Sprouts	Romanesco	Snap Peas	Lima Beans	Braised Red Cabbage	Herb Zucchini	Green Beans
Vegetable	Red Beets	Butternut Squash	Roasted Yam	Batton of Rutabaga	Peas a la Francaise	Carrot	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 Aug 13, 2023

Soup of the day

Soup of The Day

Entrée 1

Toasted Waffles w/ Fruit Sauce

Side

Ham

~~~

## **Entrée 2**

*Vegetable Club Sandwich*

## **Side**

*Potato Chips*

## **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 Aug 13, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Apple Cider, Mustard & Sage Glazed Ham*

## **Entrée 2**

*Braised Lamb Shank*

~~~

Starch

Scalloped Potatoes

Vegetables

Brussel Sprouts

Red Beets

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

Mon Aug 14, 2023

Soup of the day

Soup of The Day

Entrée 1

Tuna & Artichoke Melt on English Muffin

Side

Tossed Salad

~~~

## Entrée 2

*Chef Salad*

## Side

*Baked Scone*

## Dessert

*Assorted Desserts*

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

gs gluten sensitive  
heart-smart sfsuper  
foods



INSPIRED  
SENIOR LIVING



# DINNER

**Mon Aug 14, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*Baked Meat Loaf w/ Chasseur Sauce*

## Entrée 2

*Catch of The Day*

~~~

Starch

Mashed 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 sfsuper
foods



INSPIRED
SENIOR LIVING



LUNCH



Tue Aug 15, 2023

Soup of the day

Soup of The Day

Entrée 1

Hot Beef Dip

Side

French Fries

~~~

## **Entrée 2**

*Cold Seafood Platter*

## **Side**

*Freshly Baked Roll*

## **Dessert**

*Assorted Desserts*

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

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



INSPIRED  
SENIOR LIVING



# DINNER



**Tue Aug 15, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Pork Picatta*

## **Entrée 2**

*Pasta Night*

~~~

Starch

Rice

Vegetables

Snap Peas

Roasted Yam

Dessert

Chef's Choice

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

gsgluten sensitive
hsheart-smart
sfsuper foods



INSPIRED
SENIOR LIVING



LUNCH

Wed Aug 16, 2023

Soup of the day

Soup of The Day

Entrée 1

Baked Pizza

Side

Greek Salad

~~~

## Entrée 2

*Curried Chicken Salad*

## Side

*Croissant*

## 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 Aug 16, 2023

## Appetizer

*Chef's Choice*

## Entrée 1

*Chicken Parmigiana*

## Entrée 2

*Catch of The Day*

~~~

Starch

Pasta

Vegetables

Lima Beans

Batton 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 Aug 17, 2023

Soup of the Day

Soup of The Day

Entrée 1

Meatballs on Sub

Side

Tater Tots

~ ~ ~

Entrée 2

Chicken Caesar Salad

Side

Bistro Bun

Dessert

Assorted Desserts

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

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



INSPIRED
SENIOR LIVING



DINNER



Thur Aug 17, 2023

Appetizer

Chef's Choice

Entrée 1

Turkey Cutlet

Entrée 2

Braised Beef Short Rib

~~~

## **Starch**

*Rice*

## **Vegetables**

*Braised Red Cabbage*

*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 Aug 18, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Pastrami on Rye Sandwich*

## **Side**

*Vegetable Salad*

~~~

Entrée 2

Baked Eggs w/ Tomato Sauce

Side

Multigrain Toast

Dessert

Assorted Desserts

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



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



INSPIRED
SENIOR LIVING

DINNER



Fri Aug 18, 2023

Appetizer

Chef's Choice

Entrée 1

Catch of The Day

Entrée 2

Veal Scallopini

~~~

## **Starch**

*Parsley Boiled Potato*

## **Vegetables**

*Herb Zucchini*

*Carrot*

## **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 Aug 19, 2023**

## Soup of the Day

*Soup of The Day*

## Entrée 1

*Western Sandwich*

## Side

*Tater Tots*

~~~

Entrée 2

Samosa w/ Mango Chutney

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 Aug 19, 2023

Appetizer

Chef's Choice

Entrée 1

Roast Leg of Lamb w/ Mint Jelly

Entrée 2

Chicken Stew w/ Dumplings

~~~

## Starch

*Dumplings*

## 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