




**Lunch**

Week 3	Sun Dec 17, 2023	Mon Dec 18, 2023	Tue Dec 19, 2023	Wed Dec 20, 2023	Thur Dec 21, 2023	Fri Dec 22, 2023	Sat Dec 23, 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	Oriental Fried Rice	Salmon Salad Sandwich	Chef's Choice	Broiled Hamburger	Egg Salad Sandwich	Toasted BLT Sandwich
Side	Sausage	Chicken Wings	Tossed Salad	Marinated Vegetable Salad	French Fries	Potato Chips	Onion Rings
Entrée 2	Lobster Roll	Minced Ham Sandwich	Baked Quiche	Perogies w/ Sour Cream	Vegetable Club Sandwich	Grilled Pancakes	Chef's Salad
Side	Potato Salad	Toss Salad	Tomato Aspic	Polish Sausage	Croissant	Sausage	Biscuit
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

**Dinner**

Appetizer	French Onion Soup	Tossed Green Salad	Marinated Vegetable Salad	Cottage Cheese w/ Pineapple	<b>Resident Appreciation Dinner</b>   	Buttered Lettuce Salad	Chiffon Lettuce w/ Shrimp
Entrée 1	Stuffed Chicken Kiev (Herb Butter)	Sous Vide Pork Tenderloin	Chicken Coq au Vin	Shepard's Pie		Catch of The Day	BBQ Chicken Legs
Side	Roasted Potatoes	Scalloped Potatoes	Mashed Potatoes	Creamy Corn		Rice	Deep Fried Macaroni & Cheese
Entrée 2	Broiled Lamb Kebab	Catch of The Day	Pasta Night	Catch of The Day		Beef Bourguignon	Beef Stir Fry
Side	Roasted Potatoes	Scalloped Potatoes	Mashed Potatoes	Rice		Rice	Rice
Vegetable	Broccoli	Peas & Carrots	Battered Baby Carrots	Lima Beans		Swiss Chard	Garden Mix Vegetables
Vegetable	Mexican	Baked Squash	Steamed Cabbage	Jardiniere		Cauliflower	Baked Beans
Dessert	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice		Resident Chef's Choice	Chef's Choice

\* 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 &amp; Yogurt

# LUNCH



**Sun Dec 17, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Toasted Waffles w/ Fruit Sauce*

## **Side**

*Sausage*

~~~

## **Entrée 2**

*Lobster Roll*

## **Side**

*Potato 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 Dec 17, 2023**

## **Appetizer**

*French Onion Soup*

## **Entrée 1**

*Stuffed Chicken Kiev (Herb Butter)*

## **Entrée 2**

*Broiled Lamb Kebab*

~~~

## **Starch**

*Roasted Potatoes*

## **Vegetables**

*Broccoli*

*Mexican*

## **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 Dec 18, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Oriental Fried Rice*

## **Side**

*Chicken Wings*

~~~

## **Entrée 2**

*Minced Ham Sandwich*

## **Side**

*Toss 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 Dec 18, 2023**

## **Appetizer**

*Tossed Green Salad*

## **Entrée 1**

*Sous Vide Pork Tenderloin*

## **Entrée 2**

*Catch of The Day*

~~~

## **Starch**

*Scalloped Potatoes*

## **Vegetables**

*Peas & Carrots*

*Baked 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 Dec 19, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Salmon Salad Sandwich*

## **Side**

*Tossed Salad*

~~~

## **Entrée 2**

*Baked Quiche*

## **Side**

*Tomato Aspic*

## **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 Dec 19, 2023**

## **Appetizer**

*Marinated Vegetable Salad*

## **Entrée 1**

*Chicken Coq au Vin*

## **Entrée 2**

*Pasta Night*

~~~

## **Starch**

*Mashed Potatoes*

## **Vegetables**

*Battered Baby Carrots*

*Steamed Cabbage*

## **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 Dec 20, 2023

## Soup of the day

*Soup of The Day*

## Entrée 1

*Chef's Choice*

## Side

*Marinated Vegetable Salad*

~~~

## Entrée 2

*Perogies w/ Sour Cream*

## Side

*Polish Sausage*

## 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 Dec 20, 2023

## Appetizer

*Cottage Cheese w/ Pineapple*

## Entrée 1

*Shepard's Pie*

## Entrée 2

*Catch of The Day*

~~~

## Starch

*Creamy Corn*

## Vegetables

*Lima Beans*

*Jardiniere*

## 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 Dec 21, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Broiled Hamburger*

## **Side**

*French Fries*

~~~

## **Entrée 2**

*Vegetable Club Sandwich*

## **Side**

*Croissant*

## **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



**Thur Dec 21, 2023**

## **Appetizer**

0

## **Entrée 1**

0

## **Entrée 2**

0

~~~

## **Starch**

0

## **Vegetables**

0

0

## **Dessert**

0

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

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



INSPIRED  
SENIOR LIVING





# LUNCH

**Fri Dec 22, 2023**

## Soup of the day

*Soup of The Day*

## Entrée 1

*Egg Salad Sandwich*

## Side

*Potato Chips*

~~~~

## Entrée 2

*Grilled Pancakes*

## Side

*Sausage*

## Dessert

*Assorted Desserts*

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

gs gluten sensitive  
heart-smart sjsuper  
foods



INSPIRED  
SENIOR LIVING



# DINNER

**Fri Dec 22, 2023**

## Appetizer

*Buttered Lettuce Salad*

## Entrée 1

*Catch of The Day*

## Entrée 2

*Beef Bourguignon*

~~~~

## Starch

*Rice*

## Vegetables

*Swiss Chard*

*Cauliflower*

## Dessert

*Chef's Choice*

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

gs gluten sensitive  
heart-smart  
sjsuper foods



INSPIRED  
SENIOR LIVING



# LUNCH



**Sat Dec 23, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Toasted BLT Sandwich*

## **Side**

*Onion Rings*

~~~

## **Entrée 2**

*Chef's Salad*

## **Side**

*Biscuit*

## **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 Dec 23, 2023**

## **Appetizer**

*Chiffon Lettuce w/ Shrimp*

## **Entrée 1**

*BBQ Chicken Legs*

## **Entrée 2**

*Beef Stir Fry*

~~~

## **Starch**

*Deep Fried Macaroni & Cheese*

## **Vegetables**

*Garden Mix Vegetables*

*Baked Beans*

## **Dessert**

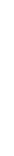
*Chef's Choice*

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