

**Lunch**

Week 4	Sun Dec 3, 2023	Mon Dec 4, 2023	Tue Dec 5, 2023	Wed Dec 6, 2023	Thur Dec 7, 2023	Fri Dec 8, 2023	Sat Dec 9, 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	Farmers Omelette	Salmon Salad Sandwich	Grilled cheese & tomato sandwich	Turkey Sandwich	Philly Steak Sandwich	Toasted Club House Sandwich	Grilled Rubeen Sandwich
Side	Tater Tots	Beet Salad	Waldorf Salad	Cranberry Fluff	Onion Rings	French Fries	Coleslaw Vinaigrette
Entrée 2	Sliced Black Forest Ham Sandwich	Hamburger	Sliced Grilled Chicken Caesar Salad	Baked Cannelloni	Oriental Salad	Seafood Salad Sandwich	Sliced Ham & Cheese on Croissant
Side	Sliced Fruit	French Fries	Croissant	Garlic Toast	Baked Scones	Cucumber Salad	Coleslaw
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
<b>Dinner</b>							
Appetizer	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Roast Beef au Jus with Yorkshire Pudding	Grilled Chicken Breast	Roasted Pork w/ Apple Sauce	English Style Corned Beef w/ Cabbage	Grilled Jerk Chicken Legs	Catch of the Day	Turkey Picatta w/ Marinara Sauce
Side	Stuffed Baked Potato	Lyonnais Potatoes	Rice	Parsley Boiled	Caribbean Coconut Rice & Peas	Boiled Potato	Croquette
Entrée 2	Thai Chicken Stir Fry	Catch of the Day	Pasta Night	Catch of the Day	Chef's Choice	Sweet & Sour Pork	Veal Chasseur
Side	Rice	Spanish Rice	Garlic Toast	Rice	Mashed Potatoes	Rice	Rice
Vegetable	Ratatouille	Green Beans	Mexican Corn	Steamed Parsnips	Batons of Carrots	Stuffed Zucchini	Sugar Snap Peas
Vegetable	Green Peas w/ Onion	Baked Butternut Squash	Broccoli w/ Hollandaise	Sauteed Spinach	Steamed Cabbage	Jardiniere of Vegetables	Baked Cauliflower
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 &amp; Yogurt

# LUNCH



**Sun Dec 3, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Farmers Omelette*

## **Side**

*Tater Tots*

~~~

## **Entrée 2**

*Sliced Black Forest Ham Sandwich*

## **Side**

*Sliced Fruit*

## **Dessert**

*Nanaimo Bar*

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 3, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Roast Beef au Jus with Yorkshire Pudding*

## **Entrée 2**

*Thai Chicken Stir Fry*

~~~

## **Starch**

*Stuffed Baked Potato*

## **Vegetables**

*Ratatouille*

*Green Peas w/ Onion*

## **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 4, 2023

## Soup of the day

*Soup of The Day*

## Entrée 1

*Salmon Salad Sandwich*

## Side

*Beet Salad*

~~~

## Entrée 2

*Hamburger*

## Side

*French Fries*

## Dessert

*Assorted Desserts*

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

gsgluten sensitive  
heart-smart sfsuper  
foods



INSPIRED  
SENIOR LIVING



# DINNER

Mon Dec 4, 2023

## Appetizer

*Chef's Choice*

## Entrée 1

*Grilled Chicken Breast*

## Entrée 2

*Catch of the Day*

~~~

## Starch

*Lyonnais Potatoes*

## Vegetables

*Green Beans*

*Baked Butternut Squash*

## 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



**Tue Dec 5, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Grilled cheese & tomato sandwich*

## **Side**

*Waldorf Salad*

~~~

## **Entrée 2**

*Sliced Grilled Chicken Caesar Salad*

## **Side**

*Croissant*

## **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 Dec 5, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Roasted Pork w/ Apple Sauce*

## **Entrée 2**

*Pasta Night*

~~~

## **Starch**

*Rice*

## **Vegetables**

*Mexican Corn*

*Broccoli w/ Hollandaise*

## **Dessert**

*Chef's Choice*

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

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



INSPIRED  
SENIOR LIVING



# LUNCH

**Wed Dec 6, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Turkey Sandwich*

## **Side**

*Cranberry Fluff*

~~~

## **Entrée 2**

*Baked Cannelloni*

## **Side**

*Garlic Toast*

## **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 6, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*English Style Corned Beef w/ Cabbage*

## **Entrée 2**

*Catch of the Day*

~~~

## **Starch**

*Parsley Boiled*

## **Vegetables**

*Steamed Parsnips*

*Sauteed Spinach*

## **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 7, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Philly Steak Sandwich*

## **Side**

*Onion Rings*

~~~

## **Entrée 2**

*Oriental Salad*

## **Side**

*Baked Scones*

## **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 Dec 7, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Grilled Jerk Chicken Legs*

## **Entrée 2**

*Chef's Choice*

~ ~ ~

## **Starch**

*Caribbean Coconut Rice & Peas*

## **Vegetables**

*Rutabaga*

*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

Fri Dec 8, 2023

## Soup of the day

*Soup of The Day*

## Entrée 1

*Toasted Club House Sandwich*

## Side

*French Fries*

~~~

## Entrée 2

*Seafood Salad Sandwich*

## Side

*Cucumber Salad*

## 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

Fri Dec 8, 2023

## Appetizer

*Chef's Choice*

## Entrée 1

*Catch of the Day*

## Entrée 2

*Sweet & Sour Pork*

~~~

## Starch

*Boiled Potato*

## Vegetables

*Stuffed Zucchini*

*Jardiniere of Vegetables*

## 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



**Sat Dec 9, 2023**

## **Soup of the Day**

*Soup of The Day*

### **Entrée 1**

*Grilled Rubeen Sandwich*

### **Side**

*Coleslaw Vinaigrette*

~~~

### **Entrée 2**

*Sliced Ham & Cheese on Croissant*

### **Side**

*Coleslaw*

### **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 9, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Turkey Picatta w/ Marinara Sauce*

## **Entrée 2**

*Veal Chasseur*

~~~

## **Starch**

*Croquette*

## **Vegetables**

*Sugar Snap Peas*

## **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