

Lunch

Week 4	Sun Jan 21, 2023	Mon Jan 22, 2024	Tue Jan 23, 2024	Wed Jan 24, 2024	Thur Jan 25, 2024	Fri Jan 26, 2024	Sat Jan 27, 2024
Soup	Lentil & Vegetable	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	Salsa Omelette	Chicken Salad Sandwich w/ Avocado	Sliced Smoked Meat on Rye	Meatball Sub	Sliced Turkey & Bacon on Light Rye	Chicken Fingers	Toasted Club House Sandwich
Side	Potato Bites	Potato Salad	Marinated Veg Salad	French Fries	Cranberry Salad	French Fries & Coleslaw	Cucumber Salad
Entrée 2	Lobster Sensation	Cobb Salad	Chicken & Mushroom in White Wine Mustard Sauce	Tuna Salad Sandwich	Fresh Fruit	Southwestern Shrimp Taco Salad	Perogy Platter
Side	Potato Salad	Croissant	Puff Pastry	Sliced Fruit	Banana Loaf	Mexican rice	Sausage & Sour Cream
Dessert	Tropical Fruit Salad	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
Dinner							
Appetizer	Caribbean Coleslaw	Heirloom Tomato Portobello Mushroom Salad	Tossed Green Salad	Chickpea Salad	Mini Egg Roll w/Plum Sauce	Relish Plate	Coleslaw
Entrée 1	Grilled Lamb Chops w/ Mint Jelly	Roast Leg of Veal w/ Mint Jelly	Swiss Steak	Sous Vide Pork Loin	Grilled Chicken Breast	Catch of the Day	Roast Chicken Legs w/'Rotisserie Sauce
Side	Scalloped Potatoes	Roasted Potatoes	Mashed Potatoes	Lyonnais Potatoes	Duchesse Potatoes	Rice	O'Brien Potatoes
Entrée 2	Citrus Glazed Ham	Catch of the Day	Pasta Night	Catch of the Day	Moroccan Lamb Stew	Stir Fry Beef	French Canadian Tourtiere
Side	Scalloped Potatoes	Rice	Garlic Toast	Rice	Duchesse Potatoes	Fried Rice	Mashed Potatoes
Vegetable	Ratatouille	Swiss Chard	Sauerkraut	Macedoine Vegetable Mix	Red Beets	Batonnett of Carrots	Baked Cauliflower
Vegetable		Vegetable Blend	California Mixed Blend	Buttered Parsnips	Green Peas ala Francaise	Herb Zucchini	Ratatouille
Dessert	Salted Caramel Gelato	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 Jan 21, 2023

Soup of the day

Lentil & Vegetable

Entrée 1

Salsa Omelette

Side

Potato Bites

~~~

## **Entrée 2**

*Lobster Sensation*

## **Side**

*Potato Salad*

## **Dessert**

*Tropical Fruit Salad*

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

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



INSPIRED  
SENIOR LIVING



# DINNER



**Sun Jan 21, 2023**

## **Appetizer**

*Caribbean Coleslaw*

## **Entrée 1**

*Grilled Lamb Chops w/ Mint Jelly*

## **Entrée 2**

*Citrus Glazed Ham*

~~~

Starch

Scalloped Potatoes

Vegetables

Ratatouille

0

Dessert

Salted Caramel Gelato

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

gsgluten sensitive
heart-smart
sfsuper foods



INSPIRED
SENIOR LIVING



LUNCH



Mon Jan 22, 2024

Soup of the day

Soup of The Day

Entrée 1

Chicken Salad Sandwich w/ Avocado

Side

Potato Salad

~~~

## **Entrée 2**

*Cobb Salad*

## **Side**

*Croissant*

## **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 Jan 22, 2024**

## **Appetizer**

*Heirloom Tomato Portobello Mushroom Salad*

## **Entrée 1**

*Roast Leg of Veal w/ Mint Jelly*

## **Entrée 2**

*Catch of the Day*

~~~

Starch

Roasted Potatoes

Vegetables

Swiss Chard

Vegetable Blend

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 Jan 23, 2024

Soup of the day

Soup of The Day

Entrée 1

Sliced Smoked Meat on Rye

Side

Marinated Veg Salad

~~~

## **Entrée 2**

*Chicken & Mushroom in White Wine*

*Mustard Sauce*

## **Side**

*Puff Pastry*

## **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 Jan 23, 2024**

## **Appetizer**

*Tossed Green Salad*

## **Entrée 1**

*Swiss Steak*

## **Entrée 2**

*Pasta Night*

~~~

Starch

Mashed Potatoes

Vegetables

Sauerkraut

California Mixed Blend

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 Jan 24, 2024

Soup of the day

Soup of The Day

Entrée 1

Meatball Sub

Side

French Fries

~~~

## **Entrée 2**

*Tuna Salad Sandwich*

## **Side**

*Sliced Fruit*

## **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 Jan 24, 2024**

## **Appetizer**

*Chickpea Salad*

## **Entrée 1**

*Sous Vide Pork Loin*

## **Entrée 2**

*Catch of the Day*

~~~

Starch

Lyonnaise Potatoes

Vegetables

Macedoine Vegetable Mix

Buttered Parsnips

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 Jan 25, 2024

Soup of the Day

Soup of The Day

Entrée 1

Sliced Turkey & Bacon on Light Rye

Side

Cranberry Salad

~~~~

## **Entrée 2**

*Fresh Fruit*

## **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 Jan 25, 2024**

## **Appetizer**

*Mini Egg Roll w/ Plum Sauce*

## **Entrée 1**

*Grilled Chicken Breast*

## **Entrée 2**

*Moroccan Lamb Stew*

~~~~

Starch

Duchesse Potatoes

Vegetables

Red Beets

Green Peas ala Francaise

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

Fri Jan 26, 2024

Soup of the day

Soup of The Day

Entrée 1

Chicken Fingers

Side

French Fries & Coleslaw

~~~~

## Entrée 2

*Southwestern Shrimp Taco Salad*

## Side

*Mexican rice*

## Dessert

*Assorted Desserts*

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

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



INSPIRED  
SENIOR LIVING



# DINNER

**Fri Jan 26, 2024**

## Appetizer

*Relish Plate*

## Entrée 1

*Catch of the Day*

## Entrée 2

*Stir Fry Beef*

~~~~

Starch

Rice

Vegetables

Batonnets of Carrots

Herb Zucchini

Dessert

Chef's Choice

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

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



INSPIRED
SENIOR LIVING



LUNCH



Sat Jan 27, 2024

Soup of the Day

Soup of The Day

Entrée 1

Toasted Club House Sandwich

Side

Cucumber Salad

~~~

## **Entrée 2**

*Perogy Platter*

## **Side**

*Sausage & Sour Cream*

## **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 Jan 27, 2024**

## **Appetizer**

*Coleslaw*

## **Entrée 1**

*Roast Chicken Legs w/ 'Rotisserie Sauce*

## **Entrée 2**

*French Canadian Tourtiere*

~~~

Starch

O'Brien Potatoes

Vegetables

Baked Cauliflower

Ratatouille

Dessert

Chef's Choice

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

gsgluten sensitive
heart-smart
sfssuper 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