

#### Weekly Menu Week 4 **LUNCh**

Week 4	Sun Jan 28, 2023	Mon Jan 29, 2024	Tue Jan 30, 2024	Wed Jan 31,2024	Thur Feb 1, 2024	Fri Feb 2, 2024	Sat Feb 3, 2024
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	Chicken Wings	Grilled Rueben Sandwich	Salmon Salad Sandwich	Broiled Hamburger w/ Cottage Cheese	Egg Salad Sandwich	Toasted BLT Sandwich
Side	Sausage	Oriental Fried Rice	Marinated Vegetable Salad	Tossed Salad	Onion Ring	Caesar Salad	French Fries
Entrée 2	Seafood Croissant	Minced Ham Sandwich	Baked Quiche	Perogy w/ Sour Cream	Vegetable Club Sandwich	Grilled Potato Pancakes	Chef's Salad
Side	Potato Salad	Potato Salad	Tomato Aspic	Sausage	Potato Chip	Sausage	Cheese Biscuit
Dessert	Nanaimo Square	Whipped Jello	Lemon Pudding	Banana Mandarin Salad	Tropical Fruit Salad	Sliced Peach Halves	Rice Pudding
Dinner							
Appetizer	French Onion Soup	Tossed Green Salad	Marinated Vegetable Salad	Cottage Cheese w/ Pineapple	Chiffon Lettuce w/ Shrimp	Butter Lettuce Salad	Caesar Salad
Entrée 1	Turkey Rolade	Pork Chops w/ Sauteed Onions	Chicken Coq Au Vin	Braised Beef Pot Roast	BBQ Chicken Legs	Catch of the Day	Breaded Veal Cutlet
Side	Potato Pancakes	Scalloped Potatoes	Mashed Potatoes	Spatzel	Stuffed Baked Potato	Rice	Delmonico
Entrée 2	Beef Bourguignon	Catch of the Day	Beef Pot Pie	Catch of the Day	Beef Stir Fry	Barbecue Pork Drummets	Chicken Souvlaki
Side	Potato Pancakes	Scalloped Potatoes	Mashed Potatoes	Duchesse Potatoes	Rice	Rice	Rice
Vegetable	Broccoli	Peas & Carrots	Steamed Cabbage	Lima Beans	Baked Beans	Swiss Chard	Wax Beans w/ Brussel
Vegetable	Baked Yam	Baked Squash	Buttered Baby Carrots	Jardiniere Vegetables	Garden Mixed Vegetables	Cauliflower	Baked Squash
Dessert	Peach Melba	Blueberry Pie	Carrot Cake	Ice Cream	Pie	Crème Brulé	Bread Pudding

<sup>\*</sup> Menu item contains a Superfood.





Living Loving Local



## Sun Jan 28, 2023

## Soup of the day

Soup of The Day

Entrée 1

Toasted Waffles w/ Fruit Sauce

<u>Side</u>

Potato Bites

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Entrée 2

Seafood Croissant

**Side** 

Potato Salad

Dessert

Nanaimo Square

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

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# DINNER

## Sun Jan 28, 2023

## **Appetizer**

French Onion Soup

Entrée 1

Turkey Rolade

Entrée 2

Beef Bourguignon

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Starch

Potato Pancakes

**Vegetables** 

Broccoli

Baked Yam

**Dessert** 

Peach Melba

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

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Soup of the day

Soup of The Day

Entrée 1

Chicken Wings

Side

Oriental Fried Rice

Entrée 2

Minced Ham Sandwich

Side

Potato Salad

**Dessert** 

Whipped Jello

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











# **DINNER**

## Mon Jan 29, 2024

## **Appetizer**

Tossed Green Salad

Entrée 1

Pork Chops w/ Sauteed Onions

Entrée 2

Catch of the Day

Starch

Scalloped Potatoes

**Vegetables** 

Peas & Carrots Baked Squash

**Dessert** 

Blueberry Pie

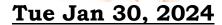
fruit juice, fresh brewed coffee, assorted teas full bar service available

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Soup of the day

Soup of The Day

Entrée 1

Grilled Rueben Sandwich

<u>Side</u>

Marinated Vegetable Salad

Entrée 2

Baked Quiche

Side

Tomato Aspic

**Dessert** 

Lemon Pudding

### **DINNER**



**Appetizer** 

Marinated Vegetable Salad

Entrée 1

Chicken Coq Au Vin

Entrée 2

Beef Pot Pie

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**Starch** 

Mashed Potatoes

**Vegetables** 

Steamed Cabbage
Buttered Baby Carrots

<u>**Dessert**</u> Carrot Cake

fruit juice, fresh brewed coffee, assorted teas

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full bar service available









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









### Wed Jan 31,2024

#### Soup of the day

Soup of The Day

Entrée 1

Salmon Salad Sandwich

Side

Tossed Salad

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Entrée 2

Perogy w/ Sour Cream

Side

Sausage

**Dessert** 

Banana Mandarin Salad

## **DINNER**

### Wed Jan 31,2024

#### **Appetizer**

Cottage Cheese w/ Pineapple

Entrée 1

Braised Beef Pot Roast

Entrée 2

Catch of the Day

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**Starch** 

Spatzel

**Vegetables** 

Lima Beans

Jardiniere Vegetables

**Dessert** 

*Ice Cream* 

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







INSPIRED SENIOR LIVING



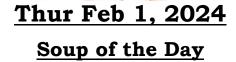
Fruit Juice, Fresh Brewed Coffee, Assorted Teas Full Bar Service Available

Gluten Sensitive Heart-Smart Super Foods









Soup of The Day

Entrée 1

Broiled Hamburger w/ Cottage Cheese

<u>Side</u>

Onion Ring

Entrée 2

Vegetable Club Sandwich

Side

Potato Chip

**Dessert** 

Tropical Fruit Salad

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









## DINNER

Thur Feb 1, 2024

**Appetizer** 

Chiffon Lettuce w/ Shrimp

Entrée 1

BBQ Chicken Legs

Entrée 2

Beef Stir Fry

Starch

Stuffed Baked Potato

**Vegetables** 

Baked Beans Garden Mixed Vegetables

**Dessert** 

Pie

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

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Fri Feb 2, 2024

Soup of the day

Soup of The Day

Entrée 1

Egg Salad Sandwich

Side

Caesar Salad

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Entrée 2

Grilled Potato Pancakes

Side

Sausage

**Dessert** 

Sliced Peach Halves

### **DINNER**

Fri Feb 2, 2024

**Appetizer** 

Butter Lettuce Salad

Entrée 1

Catch of the Day

Entrée 2

Barbecue Pork Drummets

Starch

Rice

**Vegetables** 

Swiss Chard

Cauliflower

**<u>Dessert</u>** Crème Brulé

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







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

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Soup of the Day

Soup of The Day

Entrée 1

Toasted BLT Sandwich **Side** 

French Fries

Entrée 2

Chef's Salad

**Side** 

Cheese Biscuit

**Dessert** 

Rice Pudding

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

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# DINNER

# Sat Feb 3, 2024

## **Appetizer**

Caesar Salad

Entrée 1

Breaded Veal Cutlet

Entrée 2

Chicken Souvlaki

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**Starch** 

Delmonico

**Vegetables** 

Wax Beans w/ Brussel

Baked Squash

**Dessert** 

Bread Pudding

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

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### **ALTERNATIVE MENU**



#### **LUNCH**

#### Build your own Caesar Salad

Shrimp, Calamari, Chicken Breast

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### **Build your own Omelette**

Ham, Mushroom, Shrimp, Fresh Herbs, Cheese

#### Fresh Fruit Plate

With Cottage Cheese







### **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





