

Lunch

Week 3	Sun Apr 14, 2024	Mon Apr 15, 2024	Tue Apr 16, 2024	Wed Apr 17, 2024	Thur Apr 18, 2024	Fri Apr 19, 2024	Sat Apr 20, 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	French Toast	Grilled Reuben Sandwich	Minced Ham Sandwich	Salmon Salad Sandwich	GF Sliced Turkey & Bacon on Light Rye	Hot Roast Beef Sandwich	Toasted Club House Sandwich
Side	Back Bacon	Coleslaw	Potato Salad	Vegetable Salad	Mediterranean Orzo Salad	Caesar Salad	French Fries
Entrée 2	Lobster Sensation	Cobb Salad	Chicken and Mushroom in White Wine Mustard Sauce	Beef Chili	GF Tortellini w/ Rose Sauce	Southwestern Shrimp Taco Salad	Fresh Fruit Plate
Side	Potato Salad	Biscuit	Puff Pastry	Corn Bread	Garlic Toast	Mexican Rice	Banana Loaf
Dessert	Nanaimo Bar	Apricots	Whipped Jello	Fruit Yogurt	Chocolate Pudding	Home Baked Cookie	Tapioca Pudding

Dinner

Appetizer	Marinated Cucumber & Tomato Salad	Heirloom Tomato Portobello Mushroom Salad	Tossed Green Salad	Chickpea Salad	Mini Egg roll w/ Plum Sauce	Relish Plate	Coleslaw
Entrée 1	Roast Turkey w/ Stuffing	Roast Leg of Veal	Swiss Steak	Sous Vide Pork Loin	Grilled Chicken Breast	Catch of the Day	Roast Chicken Legs Rotisserie Sauce
Side	Sweet Italian Sausage Stuffing	Mint Jelly	Spaetzle	Lyonnaise	Baked Mashed	Boiled	Baked Macaroni
Entrée 2	Beef Goulash w/ Sauerkraut	Catch of the Day	Pasta Night	Catch of the Day	Moroccan Lamb Stew	Duck Confit	French Canadian Tourtiere
Side	Egg Noodles	Roasted Potatoes	Garlic Toast	Lyonnaise	Duchesse	Fried Rice	Mashed Potatoes
Vegetable	Baked Yam	Swiss Chard	Sauerkraut	Buttered Parsnip	Red Beets	Batonnett of Carrots	Baked Cauliflower
Vegetable	Green Beans w/ Onions	Pick of the Day Vegetable Blend	California Mix Blend	Macedoine Vegetable Mix	Green Peas ala Francaise	Herb Zucchini	Ratatouille
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.



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 & Yogurt

LUNCH



Sun Apr 14, 2024

Soup of The Day

Soup of The Day

Entrée 1

French Toast

Side

Back Bacon

Entrée 2

Lobster Sensation

Side

Potato Salad

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 Apr 14, 2024

Appetizer:

Marinated Cucumber & Tomato Salad

Entrée 1:

Roast Turkey w/ Stuffing

Entrée 2:

Beef Goulash w/ Sauerkraut

Starch:

Sweet Italian Sausage Stuffing

Vegetables:

Baked Yam

Green Beans w/ Onions

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 Apr 15, 2024

Soup of the Day:

Soup of the Day

Entrée 1:

Grilled Reuben Sandwich

Side:

Coleslaw

Entrée 2:

Cobb Salad

Side:

Biscuit

Dessert:

Apricots

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

GS - Gluten Sensitive
Heart-Smart
SF - Super Foods



INSPIRED
SENIOR LIVING



DINNER



Mon Apr 15, 2024

Appetizer:

Ieirloom Tomato Portobello Mushroom Salau

Entrée 1:

Roast Leg of Veal

Entrée 2:

Catch of the Day

Starch:

Mint Jelly

Vegetables:

Swiss Chard

Pick of the Day Vegetable Blend

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 Apr 16, 2024

Soup of the Day:

Soup of the Day

Entrée 1:

Minced Ham Sandwich

Side:

Potato Salad

Entrée 2:

Chicken and Mushroom in White Wine

Side:

Puff Pastry

Dessert:

Whipped Jello

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

GS - Gluten Sensitive
Heart-Smart
SF - Super Foods



INSPIRED
SENIOR LIVING



DINNER



Tue Apr 16, 2024

Appetizer:

Tossed Green Salad

Entrée 1:

Swiss Steak

Side:

Spaetzle

Entrée 2:

Pasta Night

Starch:

Garlic Toast

Vegetables:

Sauerkraut

California Mix Blend

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 Apr 17, 2024

Soup of the Day:

Soup of the Day

Entrée 1:

Salmon Salad Sandwich

Side:

Vegetable Salad

Entrée 2:

Beef Chili

Side:

Corn Bread

Dessert:

Fruit Yogurt

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

GS - Gluten Sensitive
Heart-Smart
SF - Super Foods



INSPIRED
SENIOR LIVING



DINNER

Wed Apr 17, 2024

Appetizer:

Chickpea Salad

Entrée 1:

Sous Vide Pork Loin

Entrée 2:

Catch of the Day

Starch:

Lyonnaise

Vegetables:

Buttered Parsnip

Macedoine Vegetable Mix

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



Thur Apr 18, 2024

Soup of the Day:

Soup of the Day

Entrée 1:

GF Sliced Turkey & Bacon on Light Rye

Side:

Mediterranean Orzo Salad

Entrée 2:

GF Tortellini w/ Rose Sauce

Side:

Garlic Toast

Dessert:

Chocolate Pudding

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

GS - Gluten Sensitive
Heart-Smart
SF - Super Foods



INSPIRED
SENIOR LIVING



DINNER



Thur Apr 18, 2024

Appetizer:

Mini Egg roll w/ Plum Sauce

Entrée 1:

Grilled Chicken Breast

Side:

Baked Mashed

Entrée 2:

Moroccan Lamb Stew

Starch:

Duchesse

Vegetables:

Red Beets

Green Peas ala 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 Apr 19, 2024

Soup of the Day:

Soup of the Day

Entrée 1:

Hot Roast Beef Sandwich

Side:

Caesar Salad

Entrée 2:

Southwestern Shrimp Taco Salad

Side:

Mexican Rice

Dessert:

Home Baked Cookie

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

GS - Gluten Sensitive
Heart-Smart
SF - Super Foods



INSPIRED
SENIOR LIVING



DINNER



Fri Apr 19, 2024

Appetizer:

Relish Plate

Entrée 1:

Catch of the Day

Entrée 2:

Duck Confit

Starch:

Fried Rice

Vegetables:

Batonnett of Carrots

Herb Zucchini

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 Apr 20, 2024

Soup of the Day:

Soup of the Day

Entrée 1:

Toasted Club House Sandwich

Side:

French Fries

Entrée 2:

Fresh Fruit Plate

Side:

Banana Loaf

Dessert:

Tapioca Pudding

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

GS - Gluten Sensitive
Heart-Smart
SF - Super Foods



INSPIRED
SENIOR LIVING



DINNER



Sat Apr 20, 2024

Appetizer:

Coleslaw

Entrée 1:

Roast Chicken Legs Rotisserie Sauce

Entrée 2:

French Canadian Tourtiere

Starch:

Mashed Potatoes

Vegetables:

Baked Cauliflower

Ratatouille

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