

Lunch

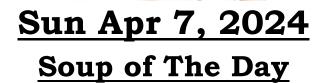
Week 2	Sun Apr 7, 2024	Mon Apr 8, 2024	Tue Apr 9, 2024	Wed Apr 10,2024	Thur Apr 11, 2024	Fri Apr 12, 2024	Sat Apr 13, 2024
Soup	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day
Entrée 1	Toasted Waffles w/ Fruit Sauce	Chicken Wings	Tuna Salad Sandwich	Sliced Turkey Sandwich	Broiled Hamburger	Egg Salad Sandwich	Toasted BLT Sandwich
Side	Grilled Ham	Oriental Fried Rice	Vegetable Salad	Pasta Salad	Onion Rings	Potato Salad	Yam Fries
Entrée 2	Farmers Omelet	Sliced Smoked Meat on Rye	Baked Quiche	Peameal Bacon & Fried Egg on English Muffin	Vegetable Club	Grilled Potato Pancakes	Chef's Salad
Side	Tater Tots	Coleslaw & Pickles	Tomato Aspic	Chickpea Salad	Mediterranean Orzo Salad	Sausage	Cheese Biscuit
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
Dinner							
Appetizer	French Onion Soup	Tossed Salad	Marinated Vegetable Salad	Cottage Cheese & Pineapple	Chiffon Lettuce w/ Shrimp	Butter Lettuce Salad	Caesar Salad
Entrée 1	Roast Beef Striploin w/ Peppercorn Sauce	Roasted Pork w/ Apple Sauce	Chicken Coq Au ' Vin	Braised Beef Pot Roast	BBQ Chicken Legs	Catch of the Day	Breaded Veal Cutlet
Side	O'Brien Potatoes	Scalloped Potatoes	Rice	Spätzle	Stuffed Baked Potato	Rice	Delmonico Potato
Entrée 2	Chicken Stir Fry	Catch of the Day	Pasta Night	Catch of the Day	Beef Stir Fry	Beef Bourguignon	Cabbage Roll Platter
Side	Steamed Rice	Spanish Rice	Garlic Toast	Duchesse Potatoes	Rice	Rice	Perogies
Vegetable	Broccoli	Peas & Carrots	Steamed Cabbage	Lima Beans	Baked Beans	Swiss Chard	Wax Beans w/Brussels
Vegetable	Mexican Corn	Baked Squash	Battered Baby Carrots	Jardiniere	Garden Mixed Vegetables	Cauliflower	Baked Squash
Dessert	Ice Cream	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



Soup of The Day

Entrée 1

Toasted Waffles w/ Fruit Sauce

Side

Grilled Ham

Entrée 2

Farmers Omelet

<u>Side</u>

Tater Tots

Dessert

Assorted Desserts

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

GS - Gluten Sensitive Heart-Smart SF - Super Foods









Sun Apr 7, 2024 Appetizer:

French Onion Soup

Entrée 1:

Roast Beef Striploin w/ Peppercorn Sauce

Entrée 2:

Chicken Stir Fry

Starch:

O'Brien Potatoes

Vegetables:

Broccoli

Mexican Corn

Dessert:

Ice Cream

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

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Mon Apr 8, 2024 Soup of the Day:

Soup of The Day

Entrée 1:

Chicken Wings

Side:

Oriental Fried Rice

Entrée 2:

Sliced Smoked Meat on Rye

Side:

Coleslaw & Pickles

Dessert:

Assorted Desserts

DINNER



Mon Apr 8, 2024 **Appetizer:**

Tossed Salad

Entrée 1:

Roasted Pork w/ Apple Sauce

Side:

Scalloped Potatoes

Entrée 2:

Catch of the Day

Starch:

Spanish Rice

Vegetables:

Peas & Carrots

Baked Squash

Dessert:

Chef's Choice

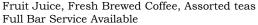
Fruit Juice, Fresh Brewed Coffee, Assorted Teas Full Bar Service Available

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Tue Apr 9, 2024 Soup of the Day:

Soup of The Day

Entrée 1:

Tuna Salad Sandwich

Side:

Entrée 2:

Baked Quiche

Side:

Tomato Aspic

Dessert:

Assorted Desserts

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

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DINNER

Tue Apr 9, 2024 Appetizer:

Marinated Vegetable Salad

Entrée 1:

Chicken Coq Au ' Vin

Side:

Rice

Entrée 2:

Pasta Night

Starch:

Garlic Toast

Vegetables:

Steamed Cabbage

Battered Baby Carrots

Dessert:

Chef's Choice

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

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Wed Apr 10,2024 Soup of the Day:

Soup of The Day

Entrée 1:

Sliced Turkey Sandwich

Side:

Entrée 2:

reameal Bacon & Fried Egg on English

Side:

Chickpea Salad

Dessert:

Assorted Desserts

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

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INSPIRED SENIOR LIVING



DINNER



Cottage Cheese & Pineapple

Entrée 1:

Braised Beef Pot Roast

Side:

Spätzle

Entrée 2:

Catch of the Day

Starch:

Duchesse Potatoes

Vegetables:

Lima Beans

Jardiniere

Dessert:

Chef's Choice

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

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Thur Apr 11, 2024 Soup of the Day:

Soup of The Day

Entrée 1:

Broiled Hamburger

Side:

Entrée 2:

Vegetable Club

Side:

Mediterranean Orzo Salad

Dessert:

Assorted Desserts

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

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DINNER



Thur Apr 11, 2024 Appetizer:

Chiffon Lettuce w/ Shrimp

Entrée 1:

BBQ Chicken Legs

Side:

Stuffed Baked Potato

Entrée 2:

Beef Stir Fry

Starch:

Rice

Vegetables:

Baked Beans

Garden Mixed Vegetables

Dessert:

Chef's Choice

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

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Fri Apr 12, 2024
Soup of the Day:

Soup of The Day

Entrée 1:

Egg Salad Sandwich

Side:

Potato Salad

Entrée 2:

Grilled Potato Pancakes

Side:

Sausage

Dessert:

Assorted Desserts

DINNER

Fri Apr 12, 2024
Appetizer:

Butter 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

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INSPIRED SENIOR LIVING



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











Sat Apr 13, 2024 Soup of the Day:

Soup of The Day

Entrée 1:

Toasted BLT Sandwich

Side:

Yam Fries

Entrée 2:

Chef's Salad

Side:

Cheese Biscuit

Dessert:

Assorted Desserts

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

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DINNER



Sat Apr 13, 2024 Appetizer:

Caesar Salad

Entrée 1:

Breaded Veal Cutlet

Entrée 2:

Cabbage Roll Platter

Starch:

Perogies

Vegetables:

Wax Beans w/Brussels Baked Squash

Dessert:

Chef's Choice

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

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Build your own Omelette

Ham, Mushroom, Shrimp, Fresh Herbs, Cheese

Fresh Fruit Plate

With Cottage Cheese





