



INSPIRED
SENIOR LIVING



Menu for the Week of October 24- October 30, 2022

Dinner

OMELET OF THE WEEK: SMOKED *SALMON & DILL

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	TURKEY MEATBALLS & NOODLES	CORN BACON & POTATO CHOWDER	HEARTY *TOMATO & VEGETABLE	BUTTERNUT SQUAH	SIU-MAI, TOFU & NOODLE	PORK & RICE	CHICKEN NOODLE
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SMOKED *SALMON & SLICED BOILED *EGG SALAD	PAPAYA & PINEAPPLE ON ICEBERG LETTUCE	*BEET SALAD WITH RED ONIONS & MANDARIN ORANGES	FRESH BERRIES ON ICEBERG LETTUCE	FESTIVE SALAD WITH *AVOCADO, CORN, CHERRY *TOMATOES ON LETTUCE	CRISPY PANCETTA WITH CUCUMBER RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE, GRAPES & HONEYDEW
Entrée 1	CHINESE BEEF STEW WITH POTATOES & PLAIN RICE	GRILLED STEAK SALAD WITH GREEN MIX,*TOMATOES,AVOCADO,RED ONIONS	SWEET & SOUR PORK WITH STEAMED RICE	BAVARIAN BEEF SMOKIESS SAUSAGES WITH SAUERKRAUT	BBQ PORK -ASIAN STYLE WITH STEAMED RICE	BREADED VEAL CUTLETS WITH GRAVY	BEEF BROCCOLI CHOWMEIN NOODLES
Entrée 2	LINGUINE CHICKEN PRIMAVERA WITH PARMESAN CHEESE & GARLIC BREAD	ROASTED CHICKEN LEGS WITH BBQ GLAZE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	CHICKEN SKEWER SATAY WITH PEANUT SAUCE & RICE	CHICKEN CAESAR WRAP WITH YAM FRIES	ROAST CHICKEN THIGHS WITH GRAVY	GRILLED CHICKEN BREAST WITH MANGO & CORN SALSA
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES & TARTAR SAUCE	BAKED MAHI MAHI FILET WITH TERIYAKI GLAZE	PAN FRIED CRAB CAKES WITH TARTAR SAUCE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	POACHED SALMON FILET	GREEK STYLE BAKED RED SNAPPER FILET	PAN FRIED COD LOIN WITH TARTAR SAUCE
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	FRENCH FRIES	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	ACORN *SQUASH	RED SWISS CHARD	WHOLE GREEN *BEANS	BAKED *TOMATO	MIXED VEGETABLES
Vegetable	SLICED CARROTS	DICED *BEETS	MASHED YELLOW TURNIPS & CARROTS	CORN NIBLETS	*CAULIFLOWER	BRAISED GREEN CABBAGE	
FEATURED Dessert	VANILLA TAPIOCA PUDDING	ASSORTED PIES	*STRAWBERRY SHORTCAKE	BUTTERTART BAR	BAKED BERRY CRUMBLE	CRÈME BRULEE	PEAR HELENE(PEAR, ICE CREAM, CHOC)

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS
BEETS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES
EGGS

FATTY FISH
NUTS
PEACHES
RASPBERRIES

SPINACH
STRAWBERRIES
SQUASH
TOMATO

