



INSPIRED
SENIOR LIVING



Menu for the Week of November 28 - Decemeber 4, 2022

Dinner

OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, MUSHROOM)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	*TOMATO & VEGETABLE	HAMBURGER	THAI COCONUT WITH RICE SOUP	BEEF NOODLE	LLL DINNER - "WINTER SQUASH" SQUASH & APPLE SOUP	CHICKEN RICE	CREAM OF ASPARAGUS
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS WITH FRESH BERRIES	SLICED *EGGS & JULIENNE HAM ON ICEBERG LETTUCE	RADISH & CUCUMBER SALAD	STRAWBERRY & ORANGE SPRING SALAD	SPINACH SALAD WITH ROASTED ALMONDS & FETA CHEESE	GREEN CABBAGE SALAD WITH MANGO & DRIED *CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUIT (HONEYDEW, CANTALOUPE & WATERMELON)
Entrée 1	BAKED BEANS & WEINERS	GRILLED NEW YORK STEAK WITH RED WINE SAUCE	BAKED MEATLOAF WITH GRAVY	BRAISED LAMB CHOPS	BAKED BEEF POT PIE WITH GRAVY	BRAISED BONELESS BEEF SHORTRIBS	
Entrée 2	CRISPY SESAME CHICKEN WITH A STICKY ASIAN SAUCE ON STEAMED RICE	POACHED CHICKEN BREAST IN COCONUT BROTH & CRANBERRY SAUCE	SMOKED TURKEY SANDWICH ON CRANBERRY BREAD WITH FRENCH FRIES & RED CABBAGE COLESLAW	TERIYAKI CHICKEN WINGS	ROASTED CHICKEN LEGS WITH CARAMELIZED ONIONS, GRAVY & BUTTERNUT SQUASH MASHED	STEAMED POT STICKERS WITH SPRING ROLLS TERIYAKI DIP	GRILLED CHICKEN KABOBS WITH RICE PILAF TZATZIKI SAUCE
Entrée 3	GARLIC BUTTER BAKED SALMON FILET WITH TARTAR SAUCE	PRAWN VEGETABLE CHOW MEIN	PAN FRIED CRABCAKES WITH TARTAR SAUCE	SHRIMP, FETA, DILL, SAUTEED ONION QUICHE	POACHED *SALMON PILET IN MISO BROTH WITH CILANTRO & GINGER	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	PAN FRIED TILAPIA FILET WITH MARINARA SAUCE
Starch	STEAMED POTATOES	MASHED GARLIC POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	FRIED DICED POTATOES	SCALLOPED POTATOES	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED CARROTS	SUI CHOY & SPINACH	BRUSSEL SPROUTS	ASPARAGUS	GOLDEN *BEETS	CORN	WHOLE GREEN *BEANS
Vegetable	BABY BOK CHOY	PEAS	MASHED TURNIPS & CARROTS	YELLOW BEANS	SUGAR SNAP PEAS	ZUCCHINI BATONS	BAKED *TOMATOES
FEATURED Dessert	FRUIT COMPOTE WITH BAVARIAN CREAM	CHOCOLATE PUDDING	LEMON MERINGUE PIE	ASSORTED DESSERTS	PUMPKIN PIE	LEMON SHORTCAKE	BANANA CREAM PIE

* 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
YOGURT

