



INSPIRED SENIOR LIVING



Menu for the Week of December 5 - December 11, 2022

Menu items are subject to change due to availability of product. * Please check the Daily Menu Board*

Dinner

OMELET OF THE WEEK: PAYSAN (BACON, POTATOES & SAUTEED ONIONS)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	COCK A LEEKIE	CHRISTMAS DINNER ROASTED PUMPKIN SOUP WITH CHIVES	MULLIGATAWNY	CHICKEN NOODLE	WON TON	PUREED PEA	NAVY BEAN SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	WINTER ITALIAN CHOPPED SALAD(ICEBERG LETTUCE,ROMA TOMATOES,RED ONION,YELLOW PEPPER,KALAMATO OLIVES)	 COCKTAILS TIGER PRAWN 	FENNEL & FRESH PEAR & DRIED *CRANBERRY	GREEN SALAD WITH MANGO & *STRAWBERRY	SHREDDED CARROT WITH RAISIN SALAD	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	BBQ PULLED PORK SANDWICH WITH COLESLAW & FF	CARVED TURKEY BREAST WITH STUFFING,GRAVY, CRANBERRY SAUCE	BRAISED SWISS STEAK	BEEF & VEGETABLE STIR FRY WITH STEAMED RICE	BANGER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	MILD CURRY LAMB WITH STEAMED RICE	GRILLED CHEESEBURGER TOPPED WITH CRISPY BACON & FF
Entrée 2	ROASTED CHICKEN LEGS WITH GRAVY	GRILLED FLAT IRON STEAK WITH CARAMELIZED ONION IN A RED WINE SAUCE	FIVE-SPICE DUCK LEG WITH FRIED RICE	CHICKEN A LA PRINCESS WITH GRAVY	BREADED CHICKEN SCHNITZEL WITH LEMON WEDGE	ROASTED CHICKEN THIGHS WITH GRAVY	CHICKEN & VEGETABLES CHOW MEIN
Entrée 3	BAKED SALMON FILET WITH TERIYAKI GLAZE	BAKED HALIBUT FILET WITH LEMON WEDGE	BAKED POTATO CRUST COD FILET WITH TARTAR SAUCE		POACHED *SALMON FILET WITH FRESH GINGER & GREEN ONIONS	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKES SUMMER CRUSTED COD FILET WITH TARTAR SAUCE
Starch	POTATO PATTIES	MASHED POTATOES	HASH BROWNS	ROASTED RED POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	*BROCCOLI FLORETS	CARROTS	BRAISED RED CABBAGE	SPAGHETTI *SQUASH	BABY BOK CHOY	GREEN KALE	DICED BEETS
Vegetable	WAX *BEANS	Y.R.PEPPERS	ASPARAGUS	SUI CHOY & *SPINACH	SLICED CARROTS	YELLOW ZUCHINNI	WHOLE GREEN BEANS
FEATURED Dessert	FRENCH CHEESECAKE	INDIVIDUAL CHOCOLATE CARAMEL CHRISTMAS TREE	DATE SQUARE	TOFFEE STICKY PUDDING CAKE	APPLE BETTY WITH ICE CREAM	FRESH KIWI TARTS	INDIVIDUAL LEMON JELLO

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES

FATTY FISH
NUTS
PEACHES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

