



INSPIRED
SENIOR LIVING

Menu for the Week of December 19 - December 25, 2022



Dinner

OMELET OF THE WEEK: SMOKED *SALMON & DILL

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	PORK, FARNO & KIDNEY BEANS SOUP	CORN BACON & POTATO CHOWDER	HEARTY *TOMATO & VEGETABLE	BUTTERNUT *SQUASH	BEEF RICE	CLEAR *FISH SOUP	MERRY CHRISTMAS! CHICKEN VERMICELLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MANGO & *BLUEBERRY ON *SPINACH	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	TOSSED MIXED VEGETABLE SALAD POTATO SALAD
Entrée 1	GRILLED FLAT IRON STEAK WITH SAUTEED ONIONS, DEMIGLAZE	MEATBALLS IN *TOMATO SAUCE WITH PASTA	SWEET & SOUR PORK WITH STEAMED RICE	GRILLED SKINLESS BREAFAST SAUSAGES WITH POTATO & CARAMALIZED ONION	BREADED VEAL CUTLETS WITH GRAVY	GINGER BEEF WITH VEGETABLE STIR FRY ON STEAMED RICE	ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING & GRAVY
Entrée 2	LINGUINE CHICKEN PRIMAVERA WITH PARMESAN CHEESE & GARLIC BREAD	ROASTED CHICKEN LEGS WITH BBQ GLAZE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	BAKED TERIYAKI CHICKEN BREAST	ROAST CHICKEN THIGHS WITH GRAVY	ROASTED TURKEY BREAST WITH STUFFING, GRAVY & *CRANBERRY SAUCE
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES & TARTAR SAUCE	BAKED HADDOCK FILET WITH TERIYAKI GLAZE	PAN FRIED CRAB CAKES WITH TARTAR SAUCE	POACHED *SALMON FILET WITH FRESH GINGER & CILANTRO	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	GREEK STYLE BAKED RED SNAPPER FILET	
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	FRENCH FRIES	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	MASHED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	ACORN *SQUASH	RED SWISS CHARD	GREEN *BEANS	ROASTED BUTTERNUT SQUASH	SAUTEED MIXED VEGETABLES
Vegetable	SLICED CARROTS	DICED *BEETS	MASHED YELLOW TURNIPS & CARROTS	CAULIFLOWER	BABY CARROTS	BRAISED GREEN CABBAGE	
FEATURED Dessert	NANAIMO BAR	ASSORTED DESSERTS	*STRAWBERRY SHORTCAKE	BUTTERTART BAR	WHIPPED PEACH JELLO	LEMON MACARON BARS	CHRISTMAS YULE LOG CAKE

* 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

