



INSPIRED
SENIOR LIVING



Menu for the Week of January 23 - January 29., 2023

Dinner

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

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	*TOMATO & VEGETABLE	HAMBURGER	ROBBIE BURNS DAY QUINTESSENTIAL COCK-A-LEEKIE	CHICKPEA & VEGETABLE	CABBAGE, POTATOES & SAUSAGES	CHICKEN RICE	CREAM OF BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS WITH FRESH BERRIES	SPINACH SALAD WITH SLICED *EGGS & JULIENNE HAM	SHRIMP COCKTAIL	STRAWBERRY & ORANGE ON ICEBERG LETTUCE SALAD	CHERRY TOMATO & FRESH AVOCADO SALAD	GREEN CABBAGE SALAD WITH MANGO & DRIED *CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUIT (HONEYDEW, CANTALOUPE & WATERMELON)
Entrée 1	BAKED BEANS & WEINERS	BAKED MEATLOAF WITH GRAVY	ROASTED RIB EYE BEEF WITH YORKSHIRE PUDDING & GRAVY	BRAISED LAMB CHOPS	BAKED BEEF POT PIE WITH GRAVY	BRAISED BONELESS BEEF SHORTRIBS	ROASTED ROSEMARY PORK LOIN WITH GRAVY
Entrée 2	CHICKEN A LA GORDON (HAM & CHEESE) WITH GRAVY	POACHED CHICKEN BREAST IN COCONUT BROTH & CRANBERRY SAUCE	CHICKEN THIGHS WITH PEACH & DIJON GLAZE	TERIYAKI CHICKEN WINGS	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	OVEN BAKED CHICKEN BREAST	GRILLED CHICKEN KABOBS WITH RICE PILAF TZATZIKI SAUCE
Entrée 3	GINGER SOY GLAZED HADDOCK FILET	LEMONY PRAWN & PEA RISOTTA	POACHED SALMON FILET WITH BEARNAISE SAUCE	SMOKED SALMON, DILL, SAUTEED ONION QUICHE	GARLIC PRAWN SKEWERS WITH LEMON WEDGE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE
Starch	STEAMED POTATOES	MASHED GARLIC POTATOES	GARLIC MASHED 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 BEETS	ROASTED BUTTERNUT SQUASH	BROCCOLI	ASPARAGUS	GOLDEN *BEETS	CORN	WHOLE GREEN *BEANS
Vegetable	GREEN KALE	PEAS & PEARL ONIONS	MASHED TURNIPS & CARROTS	YELLOW BEANS	SUGAR SNAP PEAS	SLICED ZUCCHINI	BAKED *TOMATOES
FEATURED Dessert	FRUIT COMPOTE WITH BAVARIAN CREAM	BANANA CAKE	BUTTERSCOTCH PUDDING TARTS WITH WHIPPED CREAM	ASSORTED DESSERTS	CHOCOLATE BROWNIE	LEMON STRUESEL CAKE	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

