



INSPIRED
SENIOR LIVING



Menu for the Week of January 30 - February 5, 2023

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	TOMATO DILL	MULLIGATAWNY	MISO WITH TOFU	LLL - BEEF CHICKEN NOODLE SOUP	PUREED PEA	CREAM OF BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	WINTER GREENS & BERRY SALAD	BACON, LETTUCE TOMATO SALAD	FENNEL & FRESH PEAR & DRIED *CRANBERRY	GREEN SALAD WITH MANGO & *STRAWBERRY	THAI STEAK SATAY ON ASIAN SLAW	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	BBQ PULLED PORK SANDWICH WITH ASIAN COLESLAW & FF	SPAGHETTI BOLOGNESE WITH GARLIC BREAD & PARMESAN CHEESE	BRAISED SWISS STEAK	BEEF & VEGETABLE STIR FRY WITH STEAMED RICE	BRAISED BEEF AND VEGETABLE RAGU	ROASTED RACK OF LAMB WITH GRAVY, MINT JELLY	GRILLED CHEESEBURGER TOPPED WITH CRISPY BACON & FF
Entrée 2	ROASTED CHICKEN LEGS WITH GRAVY	ROASTED DUCK BREAST WITH CINNAMON- CHERRY SAUCE	WHOLE ROASTED CHICKEN WITH STUFFING GRAVY	CHICKEN WITH GRAVY	GRILLED CHICKEN BREAST WITH CREAMY PESTO SAUCE	ROASTED CHICKEN THIGHS WITH GRAVY	CHICKEN & VEGETABLES CHOW MEIN
Entrée 3	BAKED TROUT FILET WITH LEMON, BUTTER & HERBS	POACHED BASA FILET IN MISO BROTH WITH SAUTEED GARLIC PRAWNS, TARTAR SAUCE	TUNA MELT SANDWICH WITH ONION RINGS	BAKED SALMON FILET WITH CAPER SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED SALMON FILET WITH DILL SAUCE	BAKES SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE
Starch	MASHED POTATOES WITH CHEDDAR	BOILED POTATOES WITH FRESH PARSLEY	POTATO PATTIES	ROASTED RED POTATOES	WHIPPED 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	BOK CHOY	BRAISED RED CABBAGE	SPAGHETTI *SQUASH	SUGAR SNAP PEAS	GREEN KALE	SLICED BEETS
Vegetable	WAX *BEANS	BUTTERED CORN	ASPARAGUS	SUI CHOY & *SPINACH	ROASTED BUTTERNUT SQUASH	YELLOW ZUCHINNI	GREEN BEANS
FEATURED Dessert	BAKED EGG & DRIED CRANBERRY CUSTARD	PECAN PIE	BANANA FLAMBE	TAPIOCA PUDDING	CHEESECAKE WITH SEASONAL FRUIT COMPOTE	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

