



INSPIRED
SENIOR LIVING



Menu for the Week of March 6 - March 12, 2023

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

Dinner

OMELET OF THE WEEK: CRAB MEAT & GREEN ONIONS

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CURRIED *CAULIFLOWER	*EGG DROP SOUP WITH *SPINACH	CHICKEN GUMBO	GOLDEN CARROT	CHICKEN NOODLE	TOMATO BISQUE	CREAM OF *BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH BLACKBERRIES & ORANGES ON ICEBERG LETTUCE	MANGO & BLUEBERRIES TOSSED SALAD	SLICED PEACHES & STRAWBERRIES ON ICEBERG LETTUCE SALAD	SHREDDED CRAB MEAT & BOILED *EGGS SALAD	TOASTED PECANS, STRAWBERRIES ON ICEBERG LETTUCE	FRESH *SPINACH WITH DRIED *CRANBERRIES & TOASTED ALMONDS	CHERRY *TOMATOES & BOCCONCINI CHEESE SALAD
Entrée 1	BAKED VEAL CHAMPIGNON WITH GRAVY	SPAGHETTI BOLOGNESE WITH PARMESAN CHEESE & GARLIC BREAD	SWEET AND SAVORY OVERNIGHT ROAST PORK BUTT	FLAT IRON STEAK WITH RED WINE SAUCE OR BAKED BEEF WELLINGTON WITH RED WINE SAUCE	BRAISED CABBAGE ROLLS IN TOMATO SAUCE WITH SOUR CREAM	SHEPHERDS PIE WITH GRAVY	BRAISED LAMB CHOPS
Entrée 2	ASIAN STYLE GRILLED CHICKEN BREAST WITH STEAMED RICE	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE	BAKED CHICKEN THIGHS WITH BBQ GLAZE	GRILLED CHICKEN BREAST WITH PEANUT SAUCE	ROASTED CHICKEN LEGS WITH GRAVY	TERIYAKI BAKED CHICKEN KABOBS WITH RICE PILAF	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED BASA FILET WITH FRESH GINGER & GREEN ONIONS	POTATO & CHEESE PEROGIES WITH SAUTEED ONIONS, BACON & SOUR CREAM	PAN FRIED BLUE COD FILET WITH CRISPY GINGER	EGG DIPPED SOLE FILET WITH LEMON WEDGE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	POACHED SALMON FILET WITH CAPER SAUCE
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	MASHED YAM POTATOES	WHIPPED POTATOES	POTATO PATTIES	FRENCH FRIES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CORN NIBLETS	GREEN KALE	BRAISED RED CABBAGE	SEASONED PEAS	BAKED ACORN SQUASH	BRUSSEL SPROUTS	BALSAMIC *BEETS
Vegetable	*BROCCOLINI	YELLOW *BEANS & CARROTS	GREEN *BEANS ALMANDINE	PARSLIED *CAULIFLOWER	BROCCOLI FLORETS	GLAZED CARROTS	SUI CHOY & *SPINACH
FEATURED Dessert	BAKED APPLES (GALA APPLES WITH CARAMEL SAUCE)	CREAMY RICE PUDDING	BUTTER TART BAR	ROCKY ROAD BROWNIE	BANANA CREAM PIE	VANILLA PUDDING	CHERRIES JUBILEE WITH ICE CREAM



* 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

