



INSPIRED
SENIOR LIVING



Menu for the Week of March 20 - March 26, 2023

Dinner

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

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	*TOMATO & VEGETABLE	HAMBURGER	THAI COCONUT CHICKEN	BEEF NOODLE	JAMAICA DINNER JAMAICAN CHICKEN & PUMPKIN SOUP	CHICKEN NOODLE	CREAM OF CAULIFLOWER
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS WITH FRESH BERRIES	SPINACH SALAD WITH DRIED *CRANBERRIES	RADISH & CUCUMBER SALAD	STRAWBERRY & ORANGE SPRING SALAD	CARRIBEAN SALAD WITH ORANGE VINAIGRETTE	GREEN CABBAGE SALAD WITH MANGO & DRIED *CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUIT (HONEYDEW, CANTALOUPE & WATERMELON)
Entrée 1	BAKED BEANS & WEINERS	BAKED HAWAIIAN (HAM&PINEAPPLE) PIZZA WITH TOSSED SALAD	BAKED MEATLOAF WITH GRAVY	BRAISED BEEF BURGUIGNON WITH RICE	MAPLE SYRUP SAUSAGES WITH SAUERKRAUT	BRAISED MEATBALLS IN TOMATO SAUCE WITH FUSILLI PASTA PARMESAN	ROASTED ROSEMARY PORK LOIN WITH GRAVY
Entrée 2	CRISPY SESAME CHICKEN WITH STICKY ASIAN SAUCE ON STEAMED RICE	POACHED CHICKEN BREAST IN COCONUT BROTH & CRANBERRY SAUCE	SMOKED TURKEY SANDWICH ON CRANBERRY BREAD WITH FF AND RED CABBAGE COLESLAW	TERIYAKI CHICKEN WINGS	CHICKEN SCHNITZEL WITH LEMON WEDGE	STEAMED POT STICKERS WITH SPRING ROLLS WITH TERIYAKI DIP	CHICKEN SALAD WRAP WITH SALAD
Entrée 3	PAN FRIED TILAPIA FILET WITH RED PEPPER DILL SAUCE	TIGER PRAWNS & VEGETABLE CHOW MEIN	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	SHRIMP, FETA, DILL, SAUTEED ONION QUICHE	SALMON SKEWERS WITH MANGO SALSA	PAN FRIED COD FILET WITH LEMON SAUCE	SALMON FLORENTINE(BAKED SALMON TOPPED WITH CREAMY SPINACH AND MUSHROOMS)
Starch	STEAMED POTATOES	MASHED GARLIC POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	MASHED SWEET POTATOES	SCALLOPED POTATOES	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED CARROTS	ROASTED BUTTERNUT SQUASH	BRUSSEL SPROUTS	MIXED	STRING *BEANS WITH GARLIC	CORN	BAKED *TOMATOES
Vegetable	ASPARAGUS	PEAS & PEARL ONIONS	MASHED TURNIPS & CARROTS	VEGETABLES	BABY CARROTS	ZUCCHINI BATONS	SAVOY CABBAGE
FEATURED Dessert	LEMON MERINGUE PIE	ASSORTED DESSERTS	CREAM RICE PUDDING	ASSORTED DESSERTS	PINEAPPLE CAKE	TRIPLEBERRY CRUMBLE BAR	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

