



INSPIRED
SENIOR LIVING



Menu for the Week of September 11 - September 17, 2023

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	CHICKEN POTSTICKER	CHICKEN NOODLE	PUREED PEA	CREAM OF BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS & FRESH BERRY SALAD	BACON, LETTUCE & *TOMATO SALAD	FENNEL & FRESH PEAR & DRIED CRANBERRY	TACO SALAD (LETTUCE, TOMATOES, BEANS, AVOCADO, BEEF, CHEESE)	SHREDDED CARROT WITH RAISIN SALAD	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED *TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	BAKED VEAL CHAMPIGNON WITH GRAVY	MEATLOAF WITH GRAVY	BRAISED SWISS STEAK	ROASTED TURKEY BREAST WITH GRAVY AND STUFFING	HOT DOG WITH DICED ONIONS, SAUERKRAUT, RELISH & FRENCH FRIES	BAKED MEAT LASAGNA WITH GARLIC BREAD	GRILLED BACON CHEESE BURGER WITH FRENCH FRIES
Entrée 2	ROASTED CHICKEN LEG WITH TERIYAKI GLAZE	FIVE-SPICE ROASTED DUCK LEGS	CAESAR SALAD WITH GRILLED CHICKEN BREAST	PAN FRIED SOLE FILET WITH LEMON WEDGE	CHICKEN VEGETABLE STIR-FRY WITH RICE	ROASTED CHICKEN THIGHS WITH GRAVY	CHICKEN VEGETABLE CHOWMEIN
Entrée 3	TUNA MELT SANDWICH WITH COLESLAW & FRENCH FRIES	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS & TARTAR SAUCE	MISO BROTH POACHED COD FILET WITH SOYA-SESAME SAUCE	BAKED HALIBUT FILET WITH ORANGE SAUCE	POACHED *SALMON FILET WITH DILL SAUCE	PAN FRIED LOBSTER CAKES WITH TARTAR SAUCE	BAKED POTATO SKINS STUFFED WITH SMOKED SALMON, SHRIMP & SAUTEED VEGETABLES WITH COLESLAW
Starch	MASHED POTATOES WITH CHEDDAR CHEESE	BOILED POTATOES WITH FRESH PASLEY	POTATO PATTIES	ROASTED RED POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
Vegetable	*BROCCOLI FLORETS	SEASON PEAS	BRAISED RED CABBAGE	SPAGHETTI *SQUASH	BABY BOK CHOY	GREEN KALE	DICED *BEETS
Vegetable	WAX *BEANS	BUTTERED CORN	ASPARAGUS	SUI CHOY & *SPINACH	SLICED CARROTS	YELLOW ZUCHINI	WHOLE GREEN *BEANS
FEATURED Dessert	BAKED *EGG & DRIED CRANBERRY CUSTARD	CARAMEL-VANILLA SWIRL CAKE	DATE SQUARE	TAPIOCA PUDDING	ROCKYROAD BROWNIE	FRESH KIWI TART	INDIVIDUAL LEMON JELLO

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT

CAULIFLOWER
CHERIES
CRANBERRIES

FATTY FISH
NUTS
PEACHES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

