



INSPIRED SENIOR LIVING



Menu for the Week of March 25 - March 31, 2024

Dinner

OMELETE OF THE WEEK - 2 CHEESE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	PORT OF GREECE LEMON CHICKEN SOUP WITH ORZO PASTA	FRENCH CANADIAN PEA & HAM	PORT OF FRANCE FRENCH ONION SOUP WITH CHEESE CROUTON	 EASTER BUFFET	TOMATO & RICE SOUP	CHICKEN NOODLE SOUP	 EASTER SUNDAY CHICKEN NOODLE SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SPANAKOPITA WITH MINT CUCUMBER SAUCE ON GREEN MIXED SALAD	GRAPES, MANDARIN ORANGE ON ICEBERG LETTUCE	FRENCH GREEN SALAD WITH FRENCH DRESSING	SEE: BUFFET COLD ENTREES MENU LIST	SALAD WITH FRESH PAPAYA AND RASPBERRIES	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	OREGANO & LEMON LAMB LOIN CHOPS	OVERNIGHT ROASTED PORK BELLY	BEEF BOURGUIGNON WITH EGG NOODLES	EASTER HAM WITH APRICOT & RAISIN SAUCE	BREADED VEAL CHAMPIGNON WITH GRAVY	BREADED PORK CUTLETS WITH APPLE SAUCE	GRILLED NEW YORK STEAK WITH RED WINE SAUCE
Entrée 2	GRILLED CHICKEN SAOVLAKI WITH TZATZIKI	CHICKEN A LA KING IN PUFF PASTRY	DUCK CONFIT LEG	POACHED ATLANTIC SALMON FILET WITH LOBSTER SAUCE	ROASTED CHICKEN BREAST WITH GRAVY	CHICKEN WINGS WITH HONEY GARLIC SAUCE	ROASTED TURKEY BREAST WITH TURKEY & GRAVY
Entrée 3	PAN FRIED CRAB CAKE WTUH TARTAR SAUCE	SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE	MUSSELS WITH HERB GARLIC BUTTER & TOASTED GARLIC BAGUETTE	CREAMY ROAST GARLIC CHICKEN BREAST	BAKED TARTAR HADDOCK FILET WITH LEMON WEDGE	GRILLED PRAWN SKEWER WITH LEMON WEDGE	PAN SEARED TILAPIA WITH SHITAKE MUSHROOMS
Starch	GREEK POTATOES	ROASTED POTATOES	DAUPHINOISE POTATO	CREAMY MASHED POTATOES	SCALLOPED POTATOES	POTATO LAYONNAISE	MASHED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SAUTEED SPINACH	STEAMED PEAS	GREEN BEANS ALMONDINE	SAUTEED	SUGAR SNAP PEAS	BUTTERED CORN	FRESH BRUSSEL SPROUTS
Vegetable	ROASTED YELLOW ZUCHHINI	SPAGHETTI SQUASH	BABY HEIRLOOM ROASTED CARROTS	MIXED FRESH VEGETABLES	GOLDEN BEETS	BAKED *TOMATO	SLICED CARROTS
FEATURED Dessert	RASPBERRY GREEK YOGURT CHEESECAKE	COCONUT PUDDING	FRENCH VANILLA BEAN FLAKE ICECREAM WITH CHOCOLATE SYRUP	ASSORTED DESSERT CAKES & SQUARES	DATE SQUARE	LEMON MERINGUE PIE	INDIVIDUAL MANGO CHEESECAKE

*** 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

