



INSPIRED
SENIOR LIVING



Menu for the Week Of May 20 - May 26, 2024

Dinner

OMELETE OF THE WEEK - 2 CHEESE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	BEEF BARLEY	MISO & TOFU SOUP	CREAM OF MUSHROOM	SPLIT PEA & HAM SOUP	BORSHT WITH SOUR CREAM SOUP	CHICKEN NOODLE SOUP	FRENCH ONION WITH CHEESE CROUTON SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SPINACH WITH RASPBERRIES AND BRIE CHEESE	SLICED FRESH STRAWBERRIES ON ICEBERG LETTUCE	BEEF SALAD WITH MANDARIN ORANGES AND GREEN ONIONS	WALDORF SALAD	SALAD WITH FRESH PAPAAYA AND RASPBERRIES	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	BRAISED BEEF STROGANOFF WITH EGG NOODLES	BAKED HAM WITH RAISIN SAUCE	BREADED PORK CUTLETS WITH GRAVY	BRAISED LAMB CHOPS	HOT DOG WITH FRENCH FRIES	BRAISED CABBAGE ROLLS IN TOMATO SAUCE , SOUR CREAM	BRAISED VEAL OSSO BUCCO
Entrée 2	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	CHICKEN A LA KING IN PUFF PASTRY	SWEET & SOUR CHICKEN WITH STEAMED RICE	MARINATED & ROASTED CHICKEN LEGS WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	CHICKEN WINGS WITH HONEY GARLIC SAUCE	MARINATED AND ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE
Entrée 3	BAKED SOLE FILET THE MEDITERRANEAN WAY	CHINESE STEAMED COD FILET WITH GINGER SCALLION SAUCE	POACHED SALMON FILET WITH TARTAR SAUCE	TORPEDO PRAWNS WITH FRRNCH FRIES, TARTAR SAUCE, COLESLAW	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	GARLIC PRAWN SKEWER WITH LEMON WEDGE	GRILLED HALIBUT FILET WITH LEMON SAUCE
Starch	MASHED SWEET POTATOES	ROASTED POTATOES	BOILED YELLOW POTATO WITH DILL	MASHED POTATOES	SCALLOPED POTATOES	POTATO LAYONNAISE	BAKED 1/2 POTATO WITH SOUR CREAM
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BABY CARROTS	STEAMED PEAS	BRUSSEL SPROUTS	CAULIFLOWER	MIXED	GOLDEN BEETS	SLICED CARROTS
Vegetable	STEAMED BOK CHOY	SPAGHETTI SQUASH	MASHED YELLOW TURNIPS & CARROTS	BROCCOLI FLORETS	VEGETABLES	BAKED *TOMATO	GREEN BEANS
FEATURED Dessert	DEEP DUTCH BROWNIES	STRAWBERRY MOUSSE	COCONUT LAYER CAKE	BAKED LEMON PUDDING	DATE SQUARE	LEMON MERINGUE PIE	BANANA FLAMBE



* 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

