



INSPIRED
SENIOR LIVING



Menu for the Week of June 3 - June 9, 2024

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

Dinner

OMELET OF THE WEEK: HAM & CHEESE

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	HAM & NAVY BEAN SOUP	COUNTRY VEGETABLE SOUP WITH COUSCOUS	LENTIL SOUP	HOT AND SOUR SOUP	LLL: STRAWBERRIES CARROT AND GINGER SOUP	CHICKEN NOODLE SOUP	POTATO & LEEK SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH *APPLES & MANGO ON ICEBERG LETTUCE	CAESAR SALAD	SPINACH SALAD WITH PINEAPPLE & ROASTED COCONUT	SNAP PEAS & RADISH SALAD	STRAWBERRY & SPINACH SALAD	ICEBERG LETTUCE WITH *WALNUTS, GRAPES, *RASPBERRIES	POTATO SALAD
Entrée 1	BAKED SAUSAGE ROLLS WITH MASHED POTATOES & GRAVY	GRILLED FLANK STEAK WITH COLESLAW SALAD	BRAISED CURRIED LAMB WITH MANGO CHUTNEY AND RICE	BRAISED PORK CHOPS	PORK TENDERLOIN WITH STRAWBERRY CHIMICHURRI	BAKED MAUI SHORT RIBS WITH RICE PILAF	BRAISED FILIPINO BEEF CALDERTON WITH RICE
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	TURKEY POT PIE WITH GRAVY	BAKED BREADED CHICKEN WITH GRAVY	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	PAN FRIED TROUT FILET WITH GARLIC LEMON & DILL	GRILLED SALMON FILET WITH DILL SAUCE	BREADED SOLE FILET WITH TARTAR SAUCE	CANTONESE STYLE COD FILET	PAN FRIED HADDOCK WITH STRAWBERRY - CILANTRO SALSA	VEGETABLE SHRIMP FRITTATA	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	ROASTED YAM POTATOES	MASHED SWEET POTATOES	ROASTED YAM POTATOES	ROASTED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CARROTS	BRUSSEL SPROUTS	BROCCOLI FLORETS	BUTTERED CORN	MIXED	BAKED *TOMATO	GREEN BEANS
Vegetable	PEAS	YELLOW TURNIPS	BUTTERNUT SQUASH	ZUCCHINI	VEGETABLES	*CAULIFLOWER	SPAGHETTI SQUASH
FEATURED Dessert	CHEESECAKE WITH RASPBERRY SAUCE	PINEAPPLE UPSIDE DOWN CAKE	DATE SQUARES	TRIPLE CHOCOLATE FUDGE CAKE	FRESH STRAWBERRY CREPES WITH VANILLA SAUCE	FRESH KIWI TARTS	COUNTRY CARROT CAKE



* 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

