



INSPIRED
SENIOR LIVING



Menu for the Week of June 17 - June 23, 2024

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

Dinner

OMELET OF THE WEEK: PAYSAN (BACON, POTATOES & SAUTEED ONIONS)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	COCK A LEEKIE SOUP	TOMATO DILL SOUP	MULLIGATAWNY SOUP	WON TON SOUP	PUREED PEA SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS & BERRY SALAD	BACON, LETTUCE TOMATO SALAD	FENNEL & FRESH PEAR & DRIED *CRANBERRY	GREEN SALAD WITH MANGO & *STRAWBERRY	SHREDDED CARROT WITH RAISIN SALAD	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	ASIAN SEARED PORK CHOPS	SPAGHETTI BOLOGNESE WITH GARLIC BREAD & PARMESAN CHEESE	BRAISED SWISS STEAK	BEEF & VEGETABLE STIR FRY, STEAMED RICE	BANGER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	ROASTED RACK OF LAMB WITH GRAVY, MINT JELLY	GRILLED CHEESEBURGER TOPPED WITH CRISPY BACON & FRENCH FRIES
Entrée 2	ROASTED CHICKEN LEGS WITH GRAVY	FIVE SPICE ROASTED DUCK LEG	TACO SALAD(ROMAIN LETTUCE,DICED TOMATOES, BEANS,AVOCADO,CHIPS, CHEESE)	ROASTED TURKEY BREAST WITH GRAVY	GRILLED CHICKEN BREAST ON CAESAR SALAD	ROASTED CHICKEN THIGHS WITH GRAVY	CHICKEN VEGETABLE STIR FRY
Entrée 3	TUNA MELT SANDWICH WITH COLESLAW & FRENCH FRIES	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS, TARTAR SAUCE	MISO BROTHED POACHED COD FILET WITH SOYA SESAME SAUCE	BREADED SOLE FILET WITH TARTAR SAUCE	POACHED SALMON FILET WITH DILL SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED POTATO SKINS STUFFED WITH SMOKED SALMON, SHRIMP ON SAUTEED VEGETABLES SERVED WITH COLESLAW
Starch	MASHED POTATOES WITH CHEDDAR	BOILED POTATOES WITH FRESH PARSLEY	POTATO PATTIES	ROASTED RED POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLI FLORETS	SEASONED PEAS	BRAISED RED CABBAGE	SPAGHETTI SQUASH	BABY BOK VHOY	GREEN KALE	DICED BEETS
Vegetable	WAX BEANS	BUTTERED CORN	ASPARAGUS	SUI CHOY & *SPINACH	SLICED CARROTS	YELLOW ZUCHINNI	WHOLE GREEN BEANS
FEATURED Dessert	APPLE CRUMBLE BAR	CARAMEL VANILLA SWIRL CAKE	DATE SQUARE	INDIVIDUAL CHOCOLATE PUDDING	ROCKY ROAD BROWNIE	FRESH KIWI TARTS	INDIVIDUAL LEMON JELLO

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES

FATTY FISH
NUTS
PEACHES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

