



INSPIRED SENIOR LIVING

Menu for the Week of July 1 - July 7, 2024



Dinner

HAPPY CANADA DAY!

OMELET OF THE WEEK: SMOKED *SALMON & DILL

Week 7	Monday 	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	FRENCH CANADIAN SPLIT PEA SOUP	CORN, BACON & POTATO CHOWDER SOUP	HEARTY TOMATO & VEGETABLE SOUP	BUTTERNUT SQUASH SOUP	LIVING LOVING LOCAL DINNER RASPBERRIES BORSCHT SOUP WITH SOUR CREAM	CHICKEN NOODLE SOUP	CREAM OF ASPARAGUS SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH STRAWBERRIES ON ICEBERG LETTUCE SALAD	PAPAYA & DRIED CRANBERRIES ON ICEBERG LETTUCE	BEET SALAD WITH RED ONION	FRESH BERRIES ON ICEBERG LETTUCE	LLL: BLUEBERRY & RASPBERRY SALAD WITH RASPBERRY VINAIGRETTE	CRISPY PANCETTA WITH CUCUMBER, RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE AND GRAPES, HONEYDEW
Entrée 1	ROASTED RACK OF LAMB WITH MINT JELLY & GRAVY	BRAISED BEEF STROGANOFF ON EGG NOODLES	SWEET & SOUR PORK WITH STEAMED RICE	GRILLED SKINLESS BREAKFAST SUSAGES WITH POTATOES & CARAMELIZED ONIONS	SHEPERDS PIE WITH GRAVY	BRAISED PORK DRUMMIES	THAI -STYLE GROUND BEEF WITH STEAMED RICE
Entrée 2	CHICKEN & VEGETABLE CHOW MEIN NOODLES	CHICKEN FAJITAS WITH SALAD		SANTA FE ROASTE CHICKEN BREAST	LLL: ROASTED CHICKEN LEGS WITH CITRUS RASPBERRY COULIS	ROASTED CHICKEN THIGHS WITH GRAVY	ROASTED TURKEY THIGHS WITH GRAVY
Entrée 3	PAN FRIED SOCKEY FILET WITH GARLIC LEMON BUTTER SAUCE	SEAFOOD RISOTTO	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	GILLED SALMON FILET WITH TARTAR SAUCE	LEMON -GARLIC SHRIMPS SKEWERS WITH LEMON WEDGE	GINGER-SOYA POACHED COD LOIN
Starch	MASHED SWEET POTATOES	BOILED POTATOES	ROASTED HERBED POTATOES	MASHED YAM WITH CHIVES	SCALLOPED POTATOES	WHIPPED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CORN ON THE COB	YELLOW ZUCCHINI	ACORN *SQUASH	RED SWISS CHARD	BRUSSEL SPROUTS	BAKED *TOMATO	BABY BOK CHOY
Vegetable	ROASTED BABY CARRTS	SLICED BEETS	MASHED YELLOW TURNIPS & CARROTS	CORN NIBLETS	BABY CARROTS	BRAISED GREEN CABBAGE	VEGETABLES
FEATURED Dessert	HOMEMADE PECAN TART	BANANA CREAM PIE	CHERRY PIE WITH ICE CREAM	BAKED EGG CUSTARD	LLL: RASPBERRY - GREEK YOGURT CHEESECAKE	LEMON MACARON BAR	PEAR HELENE (PEARS, ICE CREAM & COCOLATE SAUCE)

*** 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

