



INSPIRED
SENIOR LIVING



Menu for the Week of August 5 - August 11, 2024

Dinner

OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, MUSHROOM)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	BC DAY DINNER SPINACH ORZO SOUP	HAMBURGER SOUP	CLAM CHOWDER SOUP	BEEF NOODLE SOUP	CABBAGE, POTATOES & SAUSAGES	CHICKEN NOODLE SOUP	CREAM OF ASPARAGUS SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	BABY ARUGULA SALAD WITH MANGO & BLUEBERRY	SPINACH SALAD WITH SLICED EGGS & JULIENNE HAM	RADISH & CUCUMBER SALAD	*STRAWBERRY & ORANGE SPRING SALAD	GARLIC PRAWNS & FRESH AVOCADO SALAD	GREEN CABBAGE SALAD WITH MANGO & DRIED *CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUIT (HONEYDEW, CANTALOUPE, WATERMELON)
Entrée 1	ROASTED RIB OF EYE BEEF WITH YORKSHIRE PUDDING AND GRAVY	BAKED BEANS AND WEINERS	BAKED MEATLOAF WITH GRAVY	BRAISED LAMB CHOPS	BAKED BEEF POT PIE WITH GRAVY	GRILLED CHEESEBURGER WITH FRENCH FRIES	BBQ PULLED PORK SANDWICH ON CROISSANT WITH YAM FRIES
Entrée 2	SHEET PAN CAPRESE CHICKEN	POACHED CHICKEN BREAST IN COCONUT BROTH/CRANBERRY SAUCE	SMOKED TURKEY SANDWICH ON CRANBERRY BREAD WITH FRENCH FRIES & RED CABBAGE SOLESLAW	TERIYAKI CHICKEN WINGS	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	BUTTER CHICKEN WITH STEAMED RICE	GRILLED CHICKEN KABOBS WITH RICE PILAF TZATZIKI SAUCE
Entrée 3	GRILLED SOCKEYE SALMON FILET WITH LEMON WEDGE	BAKED TARTAR BASA FILET	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	SHRIMP, DILL SAUTEED ONION QUICHE	POACHED SALMON FILET WITH TARTAR SAUCE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	WINE AND BUTTER STEAMED MUSSELS WITH GARLIC BREAD
Starch	GARLIC MASHED POTATOES	STEAMED POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	POTATO PATTIES	SCALLOPED POTATOES	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BABY CARROTS	ROASTED BUTTERNUT SQUASH	BRUSSEL SPROUTS	BRAISED RED CABBAGE	GOLDEN BEETS	CORN	GREEN BEANS
Vegetable	BROCCOLI FLORETS	PEAS	MASHED TURNIPS & CARROTS	YELLOW *BEANS	SUGAR SNAP PEAS	ZUCCHINI BATONS	BAKED TOMATOES
FEATURED Dessert	COUNTRY CARROT CAKE	CHOCOLATE PUDDING	LEMON MERINGUE PIE	DATE SQUARES	CHOCOLATE BROWNIE	CHERRY JUBILEE WITH ICE CREAM	BANANA CREAM PIE



*** 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

