



INSPIRED SENIOR LIVING



Menu for the Week of August 12 - August 18, 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	NAVY BEAN 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	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	OVERNIGHT ROASTED PORK BELLY	SALISBURY STEAK WITH MUSHROOM ONION GRAVY	MEAT LOVERS PIZZA WITH CAESAR SALAD	BEEF & VEGETABLE STIR FRY, STEAMED RICE	BANGER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	GRILLED CHEESEBURGER WITH FRENCH FRIES	ROASTED LEG OF LAMB WITH GRAVY
Entrée 2	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	FIVE SPICE ROASTED DUCK LEG WITH CINNAMON-CHERRY SAUCE	WHOLE ROASTED CHICKEN WITH STUFFING GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	COUNTRY STYLE CHICKEN SCHNITZEL WITH LEMON WEDGE	ROASTED CHICKEN THIGHS WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY
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	MEDITERRANEAN BAKED HADDOCK LOIN	POACHED SALMON FILET WITH DILL SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED POTATO CRUSTED COD FILET WITH TARTAR SAUCE
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	SAVOY CABBAGE	BRAISED RED CABBAGE	SPAGHETTI SQUASH	BABY BOK VHOY	GREEN KALE	DICED BEETS
Vegetable	WAX BEANS	BUTTERED CORN	CORN ON THE COB	SUI CHOY & *SPINACH	SLICED CARROTS	YELLOW ZUCHINI	WHOLE GREEN BEANS
FEATURED Dessert	BAKED EGG & DRIED CRANBERRY CUSTARD	BLUEBERRY PIE	DATE SQUARE	TAPIOCA 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

