



INSPIRED
SENIOR LIVING



Menu for the Week of August 19 - August 25, 2024

Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER SOUP	THREE MUSHROOM BARLEY SOUP	MISO TOFU SOUP	TOMATO RICE SOUP	COUSCOUS VEGETABLE SOUP	CHICKEN NOODLE SOUP	FRENCH ONION SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH CUCUMBERS, BELL PEPPERS & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & DRIED CRANBERRIES	SHRIMP COCKTAIL	CHERRY TOMATO, RED ONION, YELLOW PEPPER SALAD	WALDORF SALAD	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	BRAISED BEEF & VEGETABLE STEW WITH MASHED POTATOES	BEEF SKEWERS WITH PITA BREAD	CHINESE PORK STIR FRY WITH NOODLES	SWEDISH MEATBALLS WITH EGG NOODLES	HOT DOG WITH DICED ONIONS, SAUERKRAUT, RELISH & FRENCH FRIES	BRAISED VEAL OSSO BUCCO	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	CREAMY CHICKEN CARBONARA PENNE PASTA WITH GARLIC BREAD	ROASTED CHICKEN LEGS WITH GRAVY	MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY	MOROCCAN CHICKEN AND CHICKPEA RAGU WITH RICE	CHICKEN POTSTICKERS ON FRIED RICE	CHICKEN VEGETABLE CHOWMEIN
Entrée 3	BAKED COD FLORENTINE	POACHED BASA FILET WITH FRESH GINGER- CILANTRO	SALMON BURGER WITH FRENCH FRIES	POACHED SEAFOOD COMBO (SALMON, BASA, PRAWN)	POACHED SALMON FILET WITH DILL SAUCE	BAKED BREADED SOLE FILET WITH TARTAR SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED YAM POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BRUSSEL SPROUTS	PARSLIED CAULIFLOWER	GREEN & YELLOW *BEANS	GLAZED CARROTS	CORN & TARRAGON	BROCCOLI FLORETS	BRUSSEL SPROUTS
Vegetable	BABY CARROTS	SLICED BEETS	BAKED *TOMATOES	SPAGHETTI SQUASH	BABY BOK CHOY	SLICED BEETS	YELLOW TURNIPS
FEATURED Dessert	3 BERRY CRUMBLE CAKE WITH ICE CREAM	APPLE & MANGO COBBLER	BUTTERSCOTH PUDDING	CARROT CAKE	INDIVIDUAL STRAWBERRY JELLO	STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM	BOSTON CREAM PIE



*** 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

