



INSPIRED
SENIOR LIVING



Menu for the Week Of November 4 - November 10,,2024

Dinner

OMELETE OF THE WEEK - 2 CHEESE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	VEGETABLE & BARLEY SOUP	CREAM OF MUSHROOM SOUP	SPLIT PEA & HAM SOUP	MEATBALL & RICE SOUP	LLL: CRANBERRY BORSHT WITH SOUR CREAM SOUP	CHICKEN NOODLE SOUP	FRENCH ONION WITH CHEESE CROUTON SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SPINACH WITH FRESH STRAWBERRIES & RASPBERRY DRESSING SALAD	GRAPES, MANDARIN ORANGES ON ICEBERG LETTUCE	BEET SALAD WITH COTTAGE CHEESE	WALDORF SALAD	MIXED GREEN SALAD WITH ORANGES, CRANBERRIES & PECANS	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	BRAISED BEEF STROGANOFF WITH EGG NOODLES	BAKED HAM WITH RAISIN SAUCE	BREADED PORK CUTLETS WITH GRAVY	BRAISED CABBAGE ROLLS IN TOMATO SAUCE & SOUR CREAM	BAKED CHICKEN STUFFED WITH THREE CHEESE, APPLE & CRANBERRY WITH GRAVY	BRAISED LAMB, VEGETABLES & BARLEY STEW WITH RICE	GRILLED NEW YORK STEAK WITH DEMI GLAZE
Entrée 2	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	SWEET AND SOUR CHICKEN WITH STEAMED RICE	MARINATED AND ROASTED CHICKEN LEGS WITH GRAVY	BBQ PORK SPARE RIBS	CHICKEN WINGS WITH HONEY GARLIC SAUCE	CHICKEN QUESADILLA, SALSA, SOUR CREAM, QUACAMOLE
Entrée 3	PAN FRIED SOLE FILET WITH DILL SAUCE	SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE	POACHED SALMON FILET WITH TARTAR SAUCE	PAN FRIED HADDOCK FILET WITH LOBSTER SAUCE	BAKED COD FILET WITH LEMON WEDGE	GARLIC PRAWN SKEWER WITH LEMON WEDGE	LEMON PEPPER COD FILET WITH CHIVE CREAM SAUCE
Starch	MASHED YAM POTATOES	ROASTED POTATOES	BOILED YELLOW POTATO WITH DILL	MASHED POTATOES	ROASTED SMASHED POTATOES	POTATO LAYONNAISE	BAKED 1/2 POTATO WITH SOUR CREAM
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BABY CARROTS	STEAMED PEAS	BRUSSEL SPROUTS	CAULIFLOWER	MIXED	BUTTERED CORN	SLICED CARROTS
Vegetable	STEAMED BOK CHOY	SPAGHETTI SQUASH	MASHED YELLOW TURNIPS & CARROTS	BROCCOLI FLORETS	VEGETABLES	BAKED TOMATO	GREEN BEANS
FEATURED Dessert	DEEP DUTCH BROWNIES	COCONUT PUDDING	VANILLA CARAMEL SWIRL CAKE	TRIPLEBERRY CRUMBLE BAR	CLASSIC PEAR & CRANBERRY CRISP	LEMON MERINGUE PIE	BANANA FLAMBE



*** 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

