



INSPIRED
SENIOR LIVING



Menu for the Week of November 11 - November 17, 2024

Menu items are subject to change due to availability of product. * Please check the Daily Menu Board*

Dinner

OMELET OF THE WEEK: BABY SHRIMP, GREEN ONIONS AND FETA CHEESE

Week 2	Monday (REMEMBRANCE DAY)	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CHICKEN & VEGETABLES SOUP	EGG DROP SOUP WITH *SPINACH	CURRY COCONUT & RICE SOUP	SALMON CHOWDER SOUP	*TOMATO BISQUE SOUP	CHICKEN NOODLE SOUP	CREAM OF *BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	*TOMATO, CUCUMBER ON ICEBERG LETTUCE	MANGO & BERRY TOSSED SALAD	SLICED *PEACHES AND DRIED *CRANBERRIES ON ICEBERG LETTUCE SALAD	SLICED FRESH PEARS WITH BLUE CHEESE ON ICEBERG LETTUCE	TOASTED PECANS, *STRAWBERRIES ON ICEBERG LETTUCE	FRESH *SPINACH WITH DRIED *CRANBERRIES & TOASTED ALMONDS	CHERRY *TOMATOES & BOCCONCINI CHEESE SALAD
Entrée 1	BAKED VEAL CHAMPIGNON WITH GRAVY	SPAGHETTI BOLOGNESE WITH PARMESAN CHEESE & GARLIC BREAD	ROASTED PORK TENDERLOIN WITH BLUEBERRY SAUCE	GRILLED FARMER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	ASIAN STYLE BBQ PORK WITH RICE	EGG BENEDICT (ENGLISH MUFFIN WITH CANADIAN BACON, POACHED EGG, HOLLANDAISE SAUCE	ROASTED LEG OF LAMB WITH GRAVY & MINT JELLY
Entrée 2	ASIAN STYLE GRILLED CHICKEN BREAST	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE	BAKED CHICKEN THIGHS WITH GRAVY	POACHED CHICKEN BREAST	ROASTED CHICKEN LEGS WITH GRAVY	BAKED CHICKEN CORDON BLEU WITH GRAVY	CHICKEN PENNE CARBONARA WITH GARLIC BREAD
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED TARTAR BASA FILET	BAKED SOYA GINGER COD FILET	PAN FRIED HADDOCK FILET WITH LEMON SAUCE	BAKED CRAB QUICHE	GARLIC BUTTER BAKED COD FILET WITH LEMON WEDGE	MAPLE ORANGE GLAZED SALMON FILET
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	MASHED YAM POTATOES	WHIPPED POTATOES	POTATO PATTIES	POTATO LYONNAISE	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	YELLOW WAXED *BEANS	GREEN KALE	BRAISED RED CABBAGE	SEASONED PEAS & DRIED CARROTS	ROASTED ACORN *SQUASH	BRUSSEL SPROUTS	BALSAMIC *BEETS
Vegetable	*BROCCOLINI	BUTTERED CORN	GREEN *BEANS ALMANDINE	PARSLIED CAULIFLOWER	BAKED TOMATOES	GLAZED CARROTS	SUI CHOY & *SPINACH
FEATURED Dessert	BAKED *APPLES (GALA APPLES WITH CARAMEL SAUCE	CREAMY RICE PUDDING	BUTTER TART BAR	ROCKY ROAD BROWNIE	BOSTON CREAM PIE	PECAN TARTS	CHERRIES JUBILEE WITH ICE CREAM



* 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

