



INSPIRED  
SENIOR LIVING







## Menu for the Week of March 24 - March 30, 2025

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

### Dinner

#### OMELET OF THE WEEK: BROCCOLI AND CHEESE

Week 5	 Monday	 Tuesday	 Wednesday	 Thursday	Friday	Saturday	Sunday
	<b>CRUISE GALA DINNER: GREECE</b>	<b>CRUISE GALA DINNER: SLOVENIA</b>	<b>CRUISE GALA DINNER: ITALY</b>	<b>CRUISE GALA DINNER: CANADA</b>			
Appetizer: SOUP	COCK A LEEKIE SOUP	RICHET (BARLEY & SAUSAGES) SOUP	ITALIAN WEDDING SOUP	WON TON 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	WINTER 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	BEEF POT PIE WITH GRAVY	BRAISED SWISS STEAK	SPAGHETTI BOLOGNESE WITH GARLIC BREAD & PARMESAN CHEESE	BEEF & VEGETABLE STIR FRY WITH STEAMED RICE	BANGER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	CABBAGE ROLLS IN *TOMATO SAUCE WITH SOUR CREAM	GRILLED CHEESEBURGER TOPPED WITH CRISPY BACON & FRENCH FRIES
Entrée 2	ROASTED CHICKEN LEGS WITH GRAVY	ROASTED DUCK LEGS WITH *BLUEBERRY SAUCE	WHOLE ROASTED CHICKEN WITH STUFFING & GRAVY	CHICKEN A LA CORDON BLEU WITH GRAVY	BREADED 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	BAKED POTATO CRUSTED COD FILET WITH TARTAR SAUCE	BAKED HADDOCK FILET WITH GINGER & GREEN ONION	POACHED SALMON FILET WITH DILL SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE
Starch	MASHED POTATOES	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	CORN NIBLETS	MIXED VEGETABLES	SPAGHETTI *SQUASH	ASPARAGUS	GREEN KALE	DICED BEETS
Vegetable	WAX *BEANS	BRAISED RED CABBAGE		SUI CHOY & SPINACH	SLICED CARROTS	YELLOW ZUCHINNI	GREEN *BEANS
FEATURED Dessert	BAKED EGG & DRIED *CRANBERRY CUSTARD	*BLUEBERRY PIE	INDIVIDUAL TIRAMISU CUPS	TAPIOCA PUDDING	APPLE CRISP WITH ICE CREAM	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

