




INSPIRED SENIOR LIVING



Menu for the Week Of September 29 - October 5, 2025

Dinner

OMELETTE OF THE WEEK: CHORIZO SAUSAGES AND MOZZARELLA CHEESE

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	ITALIAN MINISTRONE SOUP	MISO-TOFU SOUP	PORK, VEGETABLES & RICE SOUP	CAULIFLOWER & LEEK SOUP	 <i>LLL: APPLES PUREED CARROT-GINGER & APPLE SOUP DAILY CONGEE</i>	CHICKEN NOODLE SOUP	CREAM OF ASPARAGUS SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	<i>DAILY CONGEE</i>	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	BOCCONCINI, TOMATO, CUCUMBER ON BUTTER LETTUCE	*AVOCADO & CRUMBLIED TUNA ON ICEBERG	SLICED FRESH *PEACHES & *BLACKBERRIES ON ICEBERG LETTUCE SALAD	MIXED GREENS WITH RED GRAPES, *RASPBERRIES & BLUE CHEESE	<i>WALDORF SALAD</i>	WARM CALAMARI SALAD WITH RANCH DRESSING	CRISPY BACON, HARD BOILED *EGGS ON ICEBERG LETTUCE
Entrée 1	HAWAIIAN PIZZA WITH TOSSED SALAD	BRAISED SWISS STEAK	BEEF MEATLOAF STUFFED WITH BOILED EGGS, GRAVY	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY	<i>BREADED VEAL WITH DEMI GLAZE SAUCE</i>	MEAT LASAGANA WITH GARLIC BREAD	GRILLED CHEESEBURGER WITH FRENCH FRIES
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH HOISIN SAUCE	ROASTED TURKEY THIGHS WITH GRAVY	SWEET CURRY CHICKEN WITH BASMATI RICE	CHICKEN VEGETABLE CHOWMEIN	<i>ROASTED CHICKEN BREAST WITH APPLE SAUCE</i>	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	CHICKEN FINGERS WITH CAESAR SALAD, PLUM SAUCE
Entrée 3	POACHED COD LOIN WITH FRESH CILANTRO & GINGER	COQUILLE ST JACQUES (SCALLOPS, MUSHROOMS, WHITE WINE SAUCE)	BAKED BREADED SOLE FILET WITH TARTAR SAUCE	MEDITERRANEAN BAKED HADDOCK LOIN	<i>BAKED SEAFOOD MACARONI & CHEESE</i>	POACHED SALMON FILET WITH LEMON SAUCE	BAKED BASA FILET WITH LEMON & HERBS
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATO LYONNAISE	MASHED POTATOES	<i>BAKED 1/2 POTATOES</i>	BAKE 1/2 POTATO WITH SOUR CREAM	ROASTED RED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	<i>STEAMED RICE</i>	STEAMED RICE	STEAMED RICE
Vegetable	PEAS AND MUSHROOMS	SLICED BEETS	CAULIFLOWER	BAKED *TOMATOES	<i>BROCCOLI & CAULIFLOWER & CORN ON THE COB</i>	SPAGHETTI SQUASH	MIXED
Vegetable	SLICED CARROTS	CORN NIBLETS	ACORN SQUASH	BOK CHOY		SLICED CARROTS	VEGETABLES
FEATURED Dessert	APPLE MANGO COBBLER WITH ICE CREAM	LEMON MACARON BARS	COCONUT CREAM PIE	WARM CHOCOLATE MOLTEN CAKE	<i>APPLE PIE WITH ICE CREAM</i>	ORANGE CITRUS CAKE	PEACH MELBA WITH RASPBERRY COULIS



* 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

