

Feb 26 - Mar 3		 INSPIRED SENIOR LIVING	<i>Lunch</i>					
Week 3	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 1	Saturday 2	Sunday 3	
Soup	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	
Entrée 1	<b>Chef's Salad - Ham, Turkey, Tomato, Boiled Egg and Cheese</b>	<b>Roast Beef, Swiss Cheese, Lettuce, Tomato and Chipotle Aioli Sandwich</b>	<b>Buffalo Chicken Burger</b>	<b>BBQ Beef Riblets on kaiser Bun</b>	<b>Crab Salad on Croissant</b>	<b>Roast Beef, Tomato and Baby Arugula Sandwich</b>	<b>Eggs Benedict</b>	
side	<b>Dinner Roll</b>	<b>French Fries</b>	<b>Greek Salad</b>	<b>Mixed Green Salad</b>	<b>Tomato and Cucumber Salad</b>	<b>Tossed Salad</b>	<b>Hash Browns and Tomato Slices</b>	
Entrée 2	<b>BLT Sandwich</b>	<b>Hawaiian Pizza</b>	<b>Baked Macaroni and Cheese</b>	<b>Tuna Salad on Whole Wheat</b>	<b>Perogies</b>	<b>Italian Pasta Primavera</b>	<b>Crispy Chicken on Caesar Salad</b>	
Side	<b>French Fries</b>	<b>Caesar Salad</b>	<b>Garlic Bread</b>	<b>Mixed Green Salad</b>	<b>Bacon, Fried Onions and Sour Cream</b>	<b>Dinner Roll</b>		
Dessert	<b>Assorted Desserts</b>	<b>Assorted Desserts</b>	<b>Assorted Desserts</b>	<b>Assorted Desserts</b>	<b>Assorted Desserts</b>	<b>Assorted Desserts</b>	<b>Assorted Desserts</b>	
<i>Dinner</i>								
Appetizer	<b>Waldorf Salad</b>	<b>Bruschetta</b>	<b>Beets and Onion Salad</b>	<b>Cucumber Dill Salad</b>	<b>House Salad</b>	<b>Veggie Sticks and Hummus</b>	<b>Spanakopita with Tzatziki Sauce</b>	
Entrée 1	<b>Pork Schnitzel and Gravy</b>	<b>Braised Beef Ravioli in Marinara Sauce</b>	<b>Maple Orange Glazed Salmon</b>	<b>Veal Cutlet with Artichoke and Mushrooms</b>	<b>Fettuccini Pasta with Chicken, Mushroom and Cream Sauce</b>	<b>BBQ Baby Back Ribs</b>	<b>Roast Turkey with Traditional Dressing, Cranberry Sauce and Gravy</b>	
Side	<b>Mashed Potatoes</b>	<b>Garlic Bread</b>	<b>Brown Rice</b>	<b>Roasted Potatoes</b>	<b>Dinner Roll</b>	<b>Baked Potato and Sour Cream</b>	<b>Mashed Potatoes</b>	
Entrée 2	<b>Catch of the Day</b>	<b>Braised Chicken Leg with Cider and Apple</b>	<b>Beef Goulash</b>	<b>Ginger Chicken</b>	<b>Catch of the Day</b>	<b>Stir-Fry Thai Chicken</b>	<b>Salisbury Steak in Mushroom Gravy Sauce</b>	
Side	<b>Mashed Potatoes</b>	<b>Lyonnais Potatoes</b>	<b>Brown Rice</b>	<b>Steamed Rice</b>	<b>Chive Mashed Potatoes</b>	<b>Steamed Rice</b>	<b>Mashed Potatoes</b>	
Vegetable	<b>Diced Carrots</b>	<b>Braised Red Cabbage</b>	<b>Seasoned Broccoli</b>		<b>Buttered Corn</b>	<b>Sauteed Swiss Chard</b>	<b>Baked Squash</b>	
Vegetable	<b>Sugar Snap Peas</b>	<b>Brussel Sprouts</b>	<b>Sauteed Peppers</b>	<b>Sauteed Peppers</b>	<b>Zucchini</b>	<b>Stuffed Tomato</b>	<b>Seasoned Peas</b>	
Dessert	<b>English Triple</b>	<b>Deep Dish Apple Pie</b>	<b>Lemon Streusel Cake</b>	<b>Warm Bread Pudding</b>	<b>Strawberry Shortcake</b>	<b>Chef Baked Goods</b>	<b>Assorted Desserts</b>	

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local

Breakfast - Daily menu choices - Bacon, Sausages and Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea