


**Lunch**

Week 2	Sun July 16, 2023	Mon July 17, 2023	Tue July 18, 2023	Wed July 19, 2023	Thu July 20, 2023	Fri July 21, 2023	Sat June 22, 2023
Soup	Cream of Cauliflower	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day
Entrée 1	Open Face Smoked Salmon Cream Cheese	Toasted BLT Sandwich	Monte Cristo Sandwich	Egg Salad Sandwich	Grilled Potato Pancake	Perogie Platter	Salmon Salad Sandwich
Side	Spinach Salad	Onion Rings	French Fries	Vegetable Salad	Apple Sauce	Polish Sausage	Pasta Salad
Entrée 2	Chicken Quesadilla	Beef Samosa w/ Mango Chutney	Salad Nicoise	Tortellini w/ Rose Sauce	Chef's Choice	Western Sandwich	Ham & Asparagus Roll-Ups
Side	Tater Tots	Tossed Salad	Bistro Bun	Garlic Toast	Croissant	French Fries	Buttered Toast
Dessert	Fresh Cherries	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

**Dinner**

Appetizer	Corn Salad	Chef's Choice	Chef's Choice	Chef's Choice		Chef's Choice	Chef's Choice
Entrée 1	Roasted Striploin	Chicken Cacciatore	Meatball Stroganoff w/Mushroom Sauce	Grilled Ham Steak		Grilled Turkey Cutlet w/ Mushroom Sauce	Ginger Beef
Side	Mashed Potatoes	Rice	Egg Noodles	Scalloped Potatoes		Delmonico Potato	Rice
Entrée 2	Breaded Coconut Shrimp w/ Rice	Catch of the Day	Pasta Night	Catch of the Day		Catch of the Day	Chicken Stew
Side	Rice	Rice	Garlic Toast	Boiled Potatoes		Rice	Dumplings
Vegetable	Asparagus	Vichy of Carrots	Baked Yams	Green Beans		Baked Cauliflower	Jardiniere of Vegetables
Vegetable	Mashed Rutabaga	Snap Peas	Baby Bak Choy	Mexican Corn		Peas & Carrots	Sauteed Spinach
Dessert	Blueberry Bliss Ice Cream	Chef's Choice	Chef's Choice	Chef's Choice		Chef's Choice	Chef's Choice

\* Menu item contains a Superfood.



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



Living Loving Local

Choose Superfoods more often for optimal health - Apples, Avocado, Beans, Lentils, Beets, Blackberries, Bran, Oats, Broccoli, Cauliflower, Cherries, Cranberry, Eggs, Fatty Fish-Salmon, Nuts, Peaches, Raspberries, Spinach, Strawberries, Squash, Tomato &amp; Yogurt

# LUNCH



**Sun July 16, 2023**

**Soup of the day**

*Cream of Cauliflower*

**Entrée 1**

*Open Face Smoked Salmon Cream  
Cheese*

**Side**

*Spinach Salad*

~~~

**Entrée 2**

*Chicken Quesadilla*

**Side**

*Tater Tots*

**Dessert**

*Fresh Cherries*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart **sf**super  
foods



INSPIRED  
SENIOR LIVING



# DINNER



Sun July 16, 2023

## Appetizer

*Corn Salad*

## Entrée 1

*Roasted Striploin*

## Entrée 2

*Breaded Coconut Shrimp w/ Rice*

~~~

## Starch

*Mashed Potatoes*

## Vegetables

*Asparagus*

*Mashed Rutabaga*

## Dessert

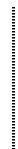
*Blueberry Bliss Ice Cream*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart  
**sf**super foods



INSPIRED  
SENIOR LIVING



# LUNCH

**Mon July 17, 2023**

## Soup of the day

*Soup of The Day*

## Entrée 1

*Toasted BLT Sandwich*

## Side

*Onion Rings*

~~~

## Entrée 2

*Beef Samosa w/ Mango Chutney*

## Side

*Tossed Salad*

## Dessert

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

gs **gluten sensitive**  
heart-smart **super**  
foods



INSPIRED  
SENIOR LIVING



# DINNER

**Mon July 17, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*Chicken Cacciatore*

## Entrée 2

*Catch of the Day*

~~~

## Starch

*Rice*

## Vegetables

*Vichy of Carrots*

*Snap Peas*

## Dessert

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

gs **gluten sensitive**  
heart-smart **super**  
foods



INSPIRED  
SENIOR LIVING



# LUNCH



**Tue July 18, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Monte Cristo Sandwich*

## **Side**

*French Fries*

~~~

## **Entrée 2**

*Salad Nicoise*

## **Side**

*Bistro Bun*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart **sf**super  
foods



INSPIRED  
SENIOR LIVING



# DINNER



**Tue July 18, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Meatball Stroganoff w/ Mushroom Sauce*

## **Entrée 2**

*Pasta Night*

~~~

## **Starch**

*Egg Noodles*

## **Vegetables**

*Baked Yams*

*Baby Bak Choy*

## **Dessert**

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart **sf**super  
foods



INSPIRED  
SENIOR LIVING



# LUNCH



**Wed July 19, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Egg Salad Sandwich*

## **Side**

*Vegetable Salad*

~~~

## **Entrée 2**

*Tortellini w/ Rose Sauce*

## **Side**

*Garlic Toast*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gluten** sensitive  
heart-smart **super**  
foods



INSPIRED  
SENIOR LIVING



# DINNER



**Wed July 19, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Grilled Ham Steak*

## **Entrée 2**

*Catch of the Day*

~ ~ ~

## **Starch**

*Scalloped Potatoes*

## **Vegetables**

*Green Beans*

*Mexican Corn*

## **Dessert**

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gluten sensitive**  
heart-smart **super**  
foods



INSPIRED  
SENIOR LIVING



# LUNCH



**Thu July 20, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Grilled Potato Pancake*

## **Side**

*Apple Sauce*

~~~

## **Entrée 2**

*Chef's Choice*

## **Side**

*Croissant*

## **Dessert**

*Assorted Desserts*

# DINNER



**Thu July 20, 2023**

## **Appetizer**

0

## **Entrée 1**

0

## **Entrée 2**

0

~~~

## **Starch**

0

## **Vegetables**

0

0

## **Dessert**

0

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
**hs**heart-smart **sf**super  
foods



INSPIRED  
SENIOR LIVING



fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
**hs**heart-smart  
**sf**super foods



INSPIRED  
SENIOR LIVING





# LUNCH



**Fri July 21, 2023**

## **Soup of the day**

*Soup of The Day*

### **Entrée 1**

*Perogie Platter*

### **Side**

*Polish Sausage*

~~~

### **Entrée 2**

*Western Sandwich*

### **Side**

*French Fries*

### **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart **sf**super  
foods



INSPIRED  
SENIOR LIVING



# DINNER



**Fri July 21, 2023**

## **Appetizer**

*Chef's Choice*

### **Entrée 1**

*Grilled Turkey Cutlet w/ Mushroom  
Sauce*

### **Entrée 2**

*Catch of the Day*

~~~

### **Starch**

*Delmonico Potato*

### **Vegetables**

*Baked Cauliflower*

*Peas & Carrots*

### **Dessert**

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart **sf**super  
foods



INSPIRED  
SENIOR LIVING



# LUNCH



**Sat June 22, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Salmon Salad Sandwich*

## **Side**

*Spinach Salad*

~ ~ ~

## **Entrée 2**

*Ham & Asparagus Roll-Ups*

## **Side**

*Buttered Toast*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart **sf**super  
foods



INSPIRED  
SENIOR LIVING



# DINNER



**Sat June 22, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Ginger Beef*

## **Entrée 2**

*Chicken Stew*

~ ~ ~

## **Starch**

*Dumplings*

## **Vegetables**

*Jardiniere of Vegetables*

*Sauteed Spinach*

## **Dessert**

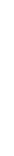
*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart  
**sf**super foods



INSPIRED  
SENIOR LIVING



# ALTERNATIVE MENU



## LUNCH

### Build your own Caesar Salad

*Shrimp, Calamari, Chicken Breast*

~ ~ ~

### Build your own Omelette

*Ham, Mushroom, Shrimp, Fresh Herbs, Cheese*

### Fresh Fruit Plate

With Cottage Cheese



INSPIRED  
SENIOR LIVING

# ALTERNATIVE MENU



## LUNCH

### Build your own Caesar Salad

*Shrimp, Calamari, Chicken Breast*

~ ~ ~

### Build your own Omelette

*Ham, Mushroom, Shrimp, Fresh Herbs, Cheese*

### Fresh Fruit Plate

With Cottage Cheese



INSPIRED  
SENIOR LIVING