

# November 18th - 24th



INSPIRED SENIOR LIVING

Lunch 11:30 A.M. - 1:15 P.M.

Weekly Menu Week 6



Reception 306-585-7100

Week 6	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24	
Soup	Potato Leek	* Red Lentil	Roasted Garlic & Parsnip	* Cream of Tomato	Scotch Broth: Lamb, Barley Vegetable	<b>**Staff Christmas Party Day**</b> Large Meal at Lunch includes: -Spanakopita (Spinach & Feta Pastry) with Tzatziki Dip  -Meatballs with Creamy Mushroom Gravy Or -Chicken Souvlaki Skewers with Lemon Garlic Butter -Roasted Mini Potatoes -Mixed Vegetables  -Coffee Cake with Ice Cream	Cream of Mushroom	
Entrée 1	* Roast Beef Lettuce Tomato Horseradish Aioli Sandwich	* Egg Salad Sandwich	* Teriyaki Salad Bowl Spinach Peppers Edamame and Whole Grains	Grilled Cheese Sandwich	* Prosciutto and Caprese Salad with Focaccia		Granola & Yogurt Parfait with Fruit Salad	
Side	Celery Sticks with Cheeze Whiz	Fresh Seasonal Fruit	Spring Roll with Plum Sauce	Onion Rings	-		-	
Entrée 2	Fried Calamari Tzatziki & Pita	French Toast with Banana Caramel Sauce, Whipped Cream & Bacon	Baked Ham And Swiss Croissant	* Tuna Melt on a Bun	BBQ Glazed Chicken Drumsticks with Warm Potato Salad		* Western Omelet	
Side	* Greek Salad	-	* Marinated Cucumber & Tomato Salad	* Roasted Butternut Squash and Baby Kale Salad	-		* Hashbrowns & Tomato Slices	
Dessert	Chocolate Pudding with a Wafer Cookie	Strawberry Colada Smoothie	Chocolate Brownies	Peanut Butter Confetti Bars	Coupe Romanoff	Buttertart Bar		
<b>Dinner 4:30 P.M. - 6:15 P.M.</b>								
Appetizer	Egg Rolls on a Bed of Greens with Plum Sauce	Mixed Green Salad	Macaroni Salad	Tossed Salad	Mini Quiche	<b>**Boxed Supper Delivery**</b> Includes: -Smoked Turkey, Lettuce, Swiss Cheese & Cranberry Mayo Sandwich  - Bag of Hawkins Cheezies  -Carrot Pineapple Raisin Loaf -Watermelon -Juice Box  The Staff thank you for the night off to celebrate!	* Bruschetta	
Entrée 1	Steelhead Trout with Maple Soy Butter	Creamy Dill Beef Stroganoff with Pearl Onions	Roasted Lemon Chicken Thighs	Sweet & Sour Pork	Meatballs with Creamy Mushroom Gravy		-Smoked Turkey, Lettuce, Swiss Cheese & Cranberry Mayo Sandwich	Vegetable Lasagna
Side	Creamy Dill Smashed Baby Potatoes	Buttered Egg Noodles	Baked Potato	Rice Pilaf	Roasted Sweet Potatoes		- Bag of Hawkins Cheezies	Garlic Bread
Entrée 2	Honey, Apple & Bacon Glazed Chicken Breast	Baked Ham with Pineapple Salsa	* Almond Crusted Sole Tartar Sauce	Turkey al a King in a Pastry Shell	Fish n' Chips Tartar Sauce		-Carrot Pineapple Raisin Loaf -Watermelon -Juice Box	BBQ Glazed Pork Roast
Side Vegetable Vegetable	Creamy Dill Smashed Baby Potatoes Vegetable Medley -	Hashbrown Casserole Carrot Coins Creamed Corn	Baked Potato * Seasoned Broccoli Green & Gold Beans	Rice Pilaf Peas & Carrots -	- Buttered Corn Roasted Brussel Sprouts		The Staff thank you for the night off to celebrate!	Chive Mashed Potatoes Brussels Sprouts Buttered Corn
Dessert	Orange Cake with Frosting	Warm Bread Pudding	* Apple Pie	Baklava Warm Honey & Walnut Pastry	* Cherry Cheesecake		Banana Cream Pie	

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Honey

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