

September 14th - 20th

INSPIRED
SENIOR LIVING**Lunch 11:30 A.M. - 1:15 P.M.****Reception: 306-585-7100**

Week 5	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
Soup	* Broccoli and Cheddar	German Barley Soup with Sausage	Borscht with Sour Cream	Ham & Potato Chowder	Chicken Ginger Rice	Cream of Mushroom	Italian Wedding Soup
Entrée 1	Beef, Cheddar & Honey Mustard Sandwich	Chicken Salad Sandwich	* Prosciutto and Caprese Salad with Focaccia	Mixed Berries, Feta, Grilled Chicken & Veggie Salad Plate	Turkey Cranberry Aioli Wrap	* Cobb Salad Ham, Egg, Cheese, Tomato & Cucumber	Creamy Coconut Porridge with Tropical Fruit
Side	Watermelon Wedges	Sweet Pickles	—	Dinner Roll	Celery Sticks with Cheeze Whiz	Dinner Roll	Raisin Toast
Entrée 2	Stir Fried Rice Noodles with Veggies	Beef & Bean Chili	Sausage, Egg & Cheese on an English Muffin	BBQ Pulled Pork Asian Buns	Mushroom Ravioli with Creamy Brie, Sundried Tomato & Bacon Sauce	Grilled Bratwurst on a Bun with Saurkraut	* Western Omelet
Side	Savoury Beef Dumplings	Garlic Bread	Homefried Potatoes	Sweet Potato Fries with Maple Aioli	Caesar Salad	Tater Tots	Hashbrowns and Toast
Dessert	Fresh Fruit & Yogurt Smoothies	Date Square	Strawberry Ice Cream	Fruit Salad	Chocolate Brownies	Assorted Desserts	Butterscotch Pudding with a Wafer Cookie

Dinner 4:30 P.M. - 6:15 P.M.

Appetizer	Greens with Beets, Apple, Goat Cheese & Candied Nuts	Spring Roll with Plum Sauce	* Spanokopita with Tzatziki Sauce	Garden Salad	Apricot, Brie & Honey Toast	B.L.T. Salad with Blue Cheese Dressing	Mixed Green Salad with Mandarins & Dried Cranberries
Entrée 1	BBQ Baby Back Ribs	Sweet & Sour Chicken Balls	Herb Roast Turkey Breast with Cranberry-Raspberry Chutney & Gravy	Grilled Pork Chop with Rosemary Maple Butter	Chimmi Churri Chicken Thigh	Spaghetti & Meat Sauce	Pork Tenderloin Mushroom Marsala Sauce
Side	Mini Roasted Red Potatoes	Basmati Rice	Mashed Potatoes	Roasted Sweet Potatoes	Roasted Potatoes	Garlic Bread	Whipped Potatoes
Entrée 2	* Ginger Glazed Salmon Filet with Roasted Pineapple Salsa	Chinese Beef & Broccoli	Breaded Shrimp with Cocktail Sauce & Lemon	Honey Garlic Beef Brisket	Lamb Stew Garlic Bread	* Almond Crusted Sole Tartar Sauce	Bacon Wrapped Beef Medallions with Peppercorn Sauce
Side	Mini Roasted Red Potatoes	Basmati Rice	Mashed Potatoes	Roasted Sweet Potatoes	Roasted Potatoes	Loaded Baked Potato with Bacon, Onion & Sour Cream	Whipped Potatoes
Vegetable	Buttered Corn	Stir Fry Vegetables	Seasoned Peas	Creamy Green Bean Casserole with Mushroom & Crispy Onion	* Broccoli	Vegetable Medley	Seasoned Peas
Vegetable	Sugar Snap Peas	—	Honey Dill Carrots	Roasted Beets	Roasted Brussels Sprouts with Bacon	Tossed Salad	Buttered Parsnips
Dessert	Spice Cake with Caramel & Whipped Cream	Black Forrest Parfait	Cream Puffs with Chocolate & Caramel Drizzle	Lemon Meringue Pie	Strawberry Cream Cake	Heavenly Hash Ice Cream	Tiramisu

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Pear

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