

October 5th- 11th

INSPIRED  
SENIOR LIVING**Lunch 11:30 A.M. -1:15 P.M.**

Reception: 306-585-7100

| Week 2                              | Monday 5                                            | Tuesday 6                                                                                       | Wednesday 7                                                 | Thursday 8                             | Friday 9                                             | Saturday 10                             | Sunday 11                                                                                           |
|-------------------------------------|-----------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------|------------------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------------------------------|
| Soup                                | Chicken Noodle                                      | Roasted Red Pepper Bisque                                                                       | Beef Barley                                                 | Carrot Coconut                         | Seafood Chowder                                      | * Red Lentil                            | Cream of Asparagus                                                                                  |
| Entrée 1                            | Salmon Salad Croissant                              | Crispy Chicken Ranch Salad Plate                                                                | Lemon & Herb Shrimp on Greek Salad                          | Salami Deli Sandwich                   | Chicken Salad Sandwich on Whole Wheat                | Smoked Gouda, B.L.T. on a Toasted Bagel | Granola & Yogurt Parfait with Fruit Salad                                                           |
| Side                                | * Marinated Cucumber & Tomato Salad                 | —                                                                                               | Focaccia Toast                                              | Carrot & Celery Sticks with Dip        | Fresh Seasonal Fruit                                 | Sweet Potato Fries & Honey Dill Dip     | Maple Danish                                                                                        |
| Entrée 2                            | Sausage Tortellini with Rose Sauce                  | Beef Bannock Tacos                                                                              | Belgian Waffles & Sausage Link                              | Bacon and Cheese Frittata              | Ham, Brie and Asparagus Crepe with Hollandaise Sauce | Beef & Bean Chili                       | Scrambled Eggs with Corned Beef Hash                                                                |
| Side                                | Garlic Buns                                         | Mango Slaw                                                                                      | Fresh Fruit Cup                                             | Hashbrowns and Toast                   | House Salad                                          | Cornbread Muffin                        | Multigrain Toast                                                                                    |
| Dessert                             | Chocolate Pudding with a Wafer Cookie               | Maple Walnut Ice Cream                                                                          | Strawberry Jello                                            | Peach Mousse with Graham Crumble       | Chocolate Brownies                                   | Assorted Desserts                       | Ice Cream Drumsticks                                                                                |
| <b>Dinner 4:30 P.M. - 6:15 P.M.</b> |                                                     |                                                                                                 |                                                             |                                        |                                                      |                                         |                                                                                                     |
| Appetizer                           | Caesar Salad                                        | * Spanokopita with Tzatziki Sauce                                                               | House Salad                                                 | B.L.T. Salad with Blue Cheese Dressing | Mixed Greens with Apricots, Candy Nuts & Carrot      | Crab Rangoon Wontons                    | <br>Garden Salad |
| Entrée 1                            | Breaded Chicken Parmesan with Tomato Sauce & Cheese | Chinese Salt & Pepper Shrimp                                                                    | Smoked Roast Pork with Gravy                                | Crab Cakes with Roasted Tomato Aioli   | Roast Beef with Gravy & Yorkshire Pudding            | Chicken Fettuccine Alfredo              | Pistachio Crusted Salmon                                                                            |
| Side                                | Herb Butter Fried Potatoes                          |  Saffron Rice | Santa Fe Style Roasted Baby Potatoes                        | Risotto                                | Whipped Potatoes                                     | Garlic Bread & Caesar Salad             | Mashed Potatoes                                                                                     |
| Entrée 2                            | French Onion Meatloaf & Gravy                       | Honey Dijon Chicken Breast                                                                      | Mexican Rubbed Flank Steak with Roasted Corn & Pepper Salsa | Roasted Garlic & Herb Chicken Thighs   | Beer Battered Haddock with Tartar & Lemon            | Honey Garlic Baby Back Ribs             | Thanksgiving Dinner with Turkey, Stuffing, Gravy & a Mini Cabbage Roll                              |
| Side                                | Herb Butter Fried Potatoes                          | Saffron Rice                                                                                    | Santa Fe Style Roasted Baby Potatoes                        | Risotto                                | Whipped Potatoes                                     | Steamed Rice                            | Mashed Potatoes                                                                                     |
| Vegetable                           | Sweet Corn                                          | 5 Spice Beets                                                                                   | Parsnip Puree                                               | Roasted Root Vegetables                | Peas & Carrots                                       | —                                       | Roasted Brussels Sprouts with Bacon                                                                 |
| Vegetable                           | Basil Roasted Zucchini & Tomatoes                   | Stirfried Garlic Green Beans                                                                    | * Broccoli                                                  | —                                      | Creamed Corn                                         | Vegetable Medley                        | Carrots with Tarragon Butter                                                                        |
| Dessert                             | Carrot Cake                                         | Vanilla Layer Cake                                                                              | Bread Pudding with Caramel Sauce                            | Tiramisu with Blackberries             | Cheese Cake with Rhubarb Sauce                       | Nanaimo Bar                             | * Pumpkin Pie                                                                                       |



\* Menu item contains a

Choose Superfoods more



Living Loving Local - Pumpkin

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