



INSPIRED
SENIOR LIVING



Menu for the Week of November 21 - November 27, 2022

Menu items are subject to change due to availability of product. * Please check the Daily Menu Board*

Dinner

OMELET OF THE WEEK: HAM & CHEESE

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	BEEF COUSCOUS	POTATO LEEK	*LENTIL SOUP WITH GREEN KALE	HOT & SOUR	CHICKEN NOODLE	TOMATO BISQUE	CREAM OF ASPARAGUS
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH *APPLES & MANGO ON ICEBERG LETTUCE	CAESAR SALAD	*SPINACH SALAD WITH PINEAPPLE & ROASTED COCONUT	SNAP PEAS & RADISH SALAD	SHREDDED CRAB MEAT & SLICED *EGGS SALAD	ICEBERG LETTUCE WITH *WALNUTS, GRAPES, *RASPBERRIES	POTATO SALAD
Entrée 1	BAKED SAUSAGE ROLLS WITH MASHED POTATOES & GRAVY	ROASTED BEEF SANDWICH WITH FRENCH FRIES	SALISBURY STEAK WITH MUSHROOM GRAVY	BRAISED PORK CHOPS	FUSILLI PASTA WITH MEATBALLS IN TOMATO SAUCE & GARLIC BREAD	BAKED MAUI SHORT RIBS WITH RICE PILAF	TRADITIONAL BEEF CHILI WITH CHEESE BISCUITS
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	CREAMY CHICKEN CARBONARA PENNE PASTA WITH GARLIC BREAD	TURKEY POT PIE WITH GRAVY	ROASTED GAME HEN WITH GRAVY	GRILLED CHICKEN BURGER WITH FRENCH FRIES	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	PAN FRIED KING SCALLOPS OVER PUMPKIN RISOTTO RICE	GRILLED *SALMON FILET WITH DILL SAUCE	BREADED SOLE FILET WITH TARTAR SAUCE	OVEN BAKED MAHI MAHI FILET WITH TARIYAKI GLAZE	PAN FRIED HADDOCK LOIN WITH MEDITERRANEAN FARRO SALAD	POACHED SALMON FILET WITH FRESH GINGER & GREEN ONIONS	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	SCALLOPED POTATOES	MASHED SWEET POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CARROTS	BRUSSEL SPROUTS	YELLOW BEANS	BUTTERED CORN	DICED *BEETS	BAKED *TOMATO	GREEN *BEANS
Vegetable	PEAS	TURNIPS	BROCCOLI FLORETS	ZUCCHINI	ASPARAGUS	BOK CHOY	SPAGHETTI *SQUASH
FEATURED Dessert	CHEESECAKE WITH RASPBERRY SAUCE	PINEAPPLE UPSIDE DOWN CAKE	CHERRY STRUDEL	TRIPLE CHOCOLATE FUDGE CAKE	RAISIN SQUARES	BLUEBERRY PIE	INDIVIDUAL BANANA PUDDING



* Menu item contains a Superfood.

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS
BEETS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES
EGGS

FATTY FISH
NUTS
PEACHES
RASPBERRIES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

