



INSPIRED
SENIOR LIVING

May 20th - May 26th

Lunch

Week 6	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
Soup	Corn Chowder	Chicken Noodle	Cream of Asparagus	* Tomato Rice	Beef Vegetable	Cream of Vegetable	* Minestrone Soup
Entrée 1	* Texas Style Chili Corn Muffin	Shaved Beef on Yorkshire Pudding au Jus	Leek & Bacon Quiche	Baby Shrimp Salad on Croissant	Braised Beef Ravioli Marinara	Bologna Sandwich	Turkey Gouda & Onion Sandwich
side	Fresh Seasonal Fruit	Curried Cauliflower Salad	Citrus Pasta Salad	Potato Salad	W/ Garlic Toast	Hashbrowns & Tomato Slices	
Entrée 2	Salami Deli Sandwich	Turkey Orzo Salad	* Grilled Apple & Cheddar on Sourdough	Grilled Cubano Sandwich (Pork Swiss Cheese and Pickle)	Mandarin Chicken Salad	Corned Beef Sandwich W/ Pickle	Vegetable Omelet
Side	Fresh Seasonal Fruit	W/ Garlic Breadstick	Citrus Pasta Salad	Potato Salad	Pita	Hashbrown & Tomato Slice	Spinach Onion Salad
Dessert	Date Square	Assorted Desserts	Lemon Pudding	Ice Cream	Whipped Mousse	Assorted Desserts	Jell-O
Dinner							
Appetizer	Tossed Salad	* Bruschetta	Golden Carrot Salad	* Roasted Cauliflower Salad Lemon Tahini Dressing	Red & Green Cabbage Salad	Strawberry Goat Cheese Salad	Waldorf Salad
Entrée 1	Shepherds Pie	Honey Hoisin Pork Chops	Pesto Crusted Chicken Breast with Tomato Basil Sauce	Meat Lasagna Garlic Bread	Glazed Ham with Brown Sugar Orange and 5 Spice	Korean Beef Stir Fry	* Baked Salmon Dill Sauce
Side	Garlic Bread	Steamed Rice	Parisienne Potatoes	Garlic Bread	Baked Potato & Sour Cream	Basmati Rice	Chive Mashed Potatoes
Entrée 2	Hunter's Chicken Thigh (Tomato Mushroom Onion)	* Pan Roasted Salmon Filet with a Lemon-Dill Yogurt	Pan Fried Beef Liver Bacon Fried Onions	Seafood Stuffed Cod Tail	Rainbow Trout Filet with Brown Butter Caper Sauce	Thai Chicken Stir Fry	Chicken Cordon Bleu
Side	Roasted Potatoes	Steamed Rice	Parisienne Potatoes	Roasted Potatoes	Baked Potato	Basmati Rice	Mashed Potatoes
Vegetable	Baked Squash	*Cauliflower	* Seasoned Broccoli	Roasted Carrots	Buttered Corn	Sauteed Bok Choy	Edamame
Vegetable	French Green Beans	Seasoned Peas	Sauteed Red Peppers	Asparagus	Zucchini	Baby Carrots	Baked Squash
Dessert	Strawberry Rhubarb Pie	Lemon Cheesecake	Key Lime Pie	* Peach Melba	* Pumpkin Pie	Pear Cobbler	Lemon Meringue Pie

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local
LLL Rhubarb

Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea *Delivery- Pick-up* Orders must be in by 1030 am for lunch & 2 pm for Supper!