



INSPIRED
SENIOR LIVING



Menu for the Week of July 29 - August 4, 2024

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	POTATO LEEK	COUNTRY VEGETABLE SOUP	COCONUT-LEMONGRASS SOUP WITH RICE	BEEF CONSOMME WITH JULIENNED VEGETABLES	CHICKEN NOODLE SOUP	ITALIAN WEDDING SOUP	CARROT & GINGER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH APPLES & MANGO ON ICEBERG LETTUCE	POTATO SALAD	SPINACH SALAD WITH PINEAPPLE & ROASTED COCONUT	SNAP PEAS & RADISH SALAD	LLL:BLUEBERRY CITRUS SALAD	ICEBERG LETTUCE WITH WALNUTS, GRAPES, RASPBERRIES	CAESAR SALAD
Entrée 1	BAKED SAUSAGE ROLLS WITH MASHED POTATOES & GRAVY	BAKED HAWAIIAN PIZZA WITH CAESAR SALAD	BRAISED CURRIED LAMB WITH MANGO CHUTNEY AND RICE	BRAISED PORK CHOPS	MEATBALLS IN TOMATO BASIL SAUCE WITH PASTA	BBQ PORK SPARE RIBS	FRENCH DIP SANDWICH (BEEF DIP) WITH AU JUS AND FRENCH FRIES
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	ROASTED GAME HEN WITH GRAVY	ROASTED CHICKEN SUPREME WITH BLUEBERRY COMPOTE	ROASTED CHICKEN BREAST WITH GRAVY	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	BAKED GINGER SOY HADDOCK FILLETS	GRILLED SALMON FILLET WITH DILL SAUCE	BAKED SOLE FILLET THE MEDITERRANEAN WAY	CANTONESE STYLE COD FILET	POACHED SALMON FILLET WITH DILL SAUCE	POTATO CRUSTED COD FILLET WITH TARTAR SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	POTATO PATTIES	MASHED SWEET POTATOES	ROASTED YAM POTATOES	ROASTED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CARROTS	ROASTED ACORN SQUASH	BROCCOLI FLORETS	BUTTERED CORN	CORN & DICED CARROTS	BAKED TOMATO	GREEN BEANS
Vegetable	PEAS	YELLOW TURNIPS	BUTTERNUT SQUASH	ZUCCHINI	SLICED BEETS	CAULIFLOWER	SPAGHETTI SQUASH
FEATURED Dessert	CHEESECAKE WITH RASPBERRY SAUCE	MIXED BERRY CRUMBLE WITH ICE CREAM	DEEP DUCH BROWNIE WITH WALNUTS	MANGO AND CHERRY CREPES	LLL: FRESH BLUEBERRY TARTS	ORANGE JELLO	BUTTERTART BARS



* 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

