



INSPIRED
SENIOR LIVING



Menu for the Week Of September 9 - September 15, 2024

Dinner

OMELETE OF THE WEEK - 2 CHEESE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CREAM OF CAULIFLOWER SOUP	CREAM OF MUSHROOM SOUP	SPLIT PEA & HAM SOUP	FRENCH ONION SOUP	BORSHT WITH SOUR CREAM SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SPINACH WITH STRAWBERRIES AND BLUEBERRIES	GRAPES, MANDARIN ORANGES ON ICEBERG LETTUCE	BEET SALAD	WALDORF SALAD	SALAD WITH FRESH PAPAYA AND RASPBERRIES	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	BRAISED BEEF STROGANOFF WITH FUSSILLI PASTA	BAKED HAM WITH RAISIN SAUCE	BREADED PORK CUTLETS WITH GRAVY	SHEPHERDS PIE WITH GRAVY	CHINESE STYLE BBQ PORK WITH STEAMED RICE	BRAISED CABBAGE ROLLS IN TOMATO SAUCE AND SOUR CREAM	BRAISED VEAL OSSO BUCCO
Entrée 2	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	CHICKEN A LA KING IN PUFF PASTRY	SWEET AND SOUR CHICKEN WITH STEAMED RICE	MARINATED AND ROASTED CHICKEN LEGS WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	CHICKEN WINGS WITH HONEY GARLIC SAUCE	MARINATED AND ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE
Entrée 3	PAN FRIED SOLE FILET WITH DILL SAUCE	POACHED COD FILET WITH FRESH GINGER, GREEN ONIONS	POACHED SALMON FILET WITH TARTAR SAUCE	GRILLED HALIBUT FILET WITH LEMON SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	GARLIC PRAWN SKEWER WITH LEMON WEDGE	COCONUT CURRY MUSSELS WITH CHOPPED BASIL, CILANTRO, RICE
Starch	MASHED SWEET POTATOES	ROASTED POTATOES	BOILED YELLOW POTATO WITH DILL	MASHED POTATOES	SCALLOPED POTATOES	POTATO LAYONNAISE	BAKED 1/2 POTATO WITH SOUR CREAM
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BABY CARROTS	STEAMED PEAS	BRUSSEL SPROUTS	CAULIFLOWER	SUGAR SNAP PEAS	MIXED	SLICED BEETS
Vegetable	STEAMED BOK CHOY	BAKED TOMATOES	MASHED YELLOW TURNIPS & CARROTS	BROCCOLI FLORETS	GOLDEN BEETS	VEGETABLES	GREEN BEANS
FEATURED Dessert	DEEP DUTCH BROWNIES	COCONUT PUDDING	PUMPKIN PIE	TRIPLEBERRY CRUMBLE BAR	APPLE & RAISIN CREPES	LEMON MERINGUE PIE	CARROT CAKE



*** 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

