



INSPIRED
SENIOR LIVING

Menu for the Week of October 21 - October 27, 2024



Dinner

OMELET OF THE WEEK: SMOKED *SALMON & DILL

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	VEGETABLE & COUSCOUS SOUP	CORN, BACON & POTATO CHOWDER SOUP	HEARTY TOMATO & VEGETABLE SOUP	BUTTERNUT SQUASH SOUP	BEEF RICE SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SMOKED SALMON & SLICED BOILED EGGS SALAD	PAPAYA & BLUEBERRY ON ICEBERG LETTUCE	BEET SALAD WITH RED ONION, MANDARIN ORANGES	FRESH BERRIES ON ICEBERG LETTUCE	FESTIVE SALAD AVOCADO, CORN, CHERRY TOMATOES ON LETTUCE	CRISPY PANCETTA WITH CUCUMBER, RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE, GRAPES & HONEYDEW
Entrée 1	CHINESE BEEF DAIKON STEW WITH RICE	SALISBURY STEAK WITH MUSHROOM GRAVY	SWEET AND SOUR PORK WITH STEAMED RICE	GRILLED SKINLESS BREAKFAST SAUSAGES WITH POTATO & CARAMELIZED ONION	BREADED VEAL CUTLETS WITH GRAVY	BBQ PORK ASIAN STYLE WITH STEAMED RICE	ROASTED RIB OF EYE BEEF WITH YORKSHIRE PUDDING, GRAVY
Entrée 2	FETTUCINI CHICKEN PRIMAVERA WITH PARMESAN & GARLIC BREAD	ROASTED CHICKEN LEGS WITH BBQ GLAZE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	ROASTED TURKEY BREAST WITH GRAVY	BAKED LEMON ROSEMARY CHICKEN BREAST	ROASTED CHICKEN THIGHS WITH GRAVY	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES, TARTAR SAUCE	POACHED COD FILETT WITH FRESH GINGER & GREEN ONIONS	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	POACHED SALMON FILET WITH HOLLANDAISE SAUCE	FISH AND CHIPS WITH COLESLAW & TARTAR SAUCE	ALMOND CRUSTED SOLE FILET WITH TARTAR SAUCE	BUTTER BAKED HADDOCK FILET
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	MASHED POTATOES WITH CHIVE	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	GREEN PEAS	ACORN *SQUASH	RED SWISS CHARD	GREEN BEANS	BAKED *TOMATO	MIXED
Vegetable	SLICED CARROTS	DICED BEETS	BRAISED RED CABBAGE	CORN NIBLETS	CAULIFLOWER	BRAISED GREEN CABBAGE	VEGETABLES
FEATURED Dessert	COCONUT PUDDING	NANAIMO BAR	BANANA FLAMBE	BAKED EGG CUSTARD	WHIPPED PINEAPPLE JELLO	LEMON MACARON BARS	CHERRY PIE

* 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

