



INSPIRED
SENIOR LIVING



Menu for the Week Of October 28 - November 3, 2024

Dinner

OMELET OF THE WEEK: GREEK STYLE (TOMATO, ONIONS, FETA CHEESE)

Week 8	Monday	Tuesday	Wednesday	 Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	ITALIAN MINESTRO NE SOUP DAILY CONGEE	MISO SOUP DAILY CONGEE	POTATO & LEEK SOUP DAILY CONGEE	<i>HAPPY HALLOWEEN DEMON CREAM OF CAULIFLOWER SOUP</i> DAILY CONGEE	VEGETABLE RICE SOUP DAILY CONGEE	CHICKEN NOODLE SOUP DAILY CONGEE	CREAM OF ASPARAGUS SOUP DAILY CONGEE
Appetizer: SALAD	BOCCONCINI, TOMATO, CUCUMBER ON BUTTER LETTUCE	*AVOCADO & SALAMI ON ICEBERG	SLICED FRESH PEACHES AND BLUEBERRIES ON ICEBERG LETTUCE SALAD	<i>BOILED SPIDER EGGS WITH CRISPY MUMMY BACON ON ICEBERG LETTUCE</i>	CABBAGE AND CARROT COLESLAW	SMOKED SALMON & BOILED EGGS ON ICEBERG LETTUCE	CRISPY BACON, HARD BOILED EGGS ON ICEBERG LETTUCE
Entrée 1	HAWAIIAN (HAM & PINEAPPLE)PIZZA WITH SALAD	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS,GRAVY	OVERNIGHT ROASTED PORK BELLY ON STEAMED RICE	<i>ROASTED WEREWOLF ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING & GRAVY</i>	BEEF POT PIE WITH GRAVY	MEAT LASAGNA WITH GARLIC BREAD	BRAISED LAMB STEW WITH RICE
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH HOISING SAUCE	ROASTED TURKEY BREAST WITH GRAVY & STUFFING	SWEET CURRY CHICKEN WITH BASMATI RICE	<i>GRILLED WITCHES BREW CHICKEN SKEWERS WITH ZOMBIE TZATZIKI SAUCE</i>	BAKED MACARONI AND CHEESE	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	CREAMY PRAWNS AND PUMPKIN RISOTTO	POACHED SALMON FILET WITH DILL SAUCE	<i>INDIVIDUAL BABY SHRIMP & SAUTEED VEGETABLE QUICHE</i>	POTATO CRUSTED COD FILET WITH TARTAR SAUCE	BAKED ASIAN STYLE SALMON FILET	POACHED COD FILET WITH FRESH GINGER & CILANTRO
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATOES LYONNAISE	<i>MASHED EYEBALL POTATOES</i>	POTATO PATTIES	BAKE 1/2 POTATO WITH SOUR CREAM	ROASTED RED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	PEAS AND MUSHROOMS	DICED *BEETS	BAKED TOMATOES	<i>BLACK CAT BROCCOLI FLORETS</i>	FRESH GREEN BEANS	ROASTED ACORN SQUASH	YELLOW BEANS
Vegetable	BRAISED RED CABBAGE	CORN NIBLETS	GREEN BEANS	<i>GOBLIN BABY CARROTS</i>	YELLOW ZUCCHINI	BRUSSEL SPROUTS	HONEY CARROTS
FEATURED Dessert	ASSORTED CAKES	CARROT CAKE	COCONUT CREAM PIE	<i>FRANKENSTEIN PUMPKIN PIE WITH WHIPPED CREAM</i>	PECAN STREUSEL CAKE	INDIVIDUAL COCONUT PUDDING	CARAMEL SWIRL 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

