



INSPIRED
SENIOR LIVING



Menu for the Week of November 25 - December 1, 2024

Dinner

OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, MUSHROOM)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	TOMATO VEGETABLE SOUP	MISO TOFU SOUP	CLAM CHOWDER SOUP	BEEF NOODLE SOUP	CABBAGE, POTATOES & SAUSAGES SOUP	CHICKEN NOODLE SOUP	CREAM OF CAULIFLOWER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS WITH FRESH BERRIES	*SPINACH SALAD WITH SLICED EGGS & JULIENNE HAM	RADISH & CUCUMBER SALAD	*STRAWBERRY & ORANGE SPRING SALAD	GARLIC PRAWNS & FRESH AVOCADO SALAD	GREEN CABBAGE SALAD WITH MANGO & DRIED *CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUIT (HONEYDEW, CANTALOUPE, WATERMEL ON)
Entrée 1	BAKED BEANS & WEINERS	BREADED VEAL CUTLETS WITH GRAVY	BAKED MEATLOAF WITH GRAVY	BRAISED LAMB CHOPS	BAKED BEEF POT PIE WITH GRAVY	GRILLED CHEESEBURGER WITH COLESLAW & FRENCH FRIES	ROASTED ROSEMARY PORK LOIN WITH GRAVY
Entrée 2	ROASTED BBQ DUCK	POACHED CHICKEN BREAST IN COCONUT BROTH/CRANBERRY SAUCE	CHICKEN VEGETABLE STIR FRY ON NOODLES	TERIYAKI CHICKEN WINGS	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	BUTTER CHICKEN WITH RICE & NAAN BREAD	GRILLED CHICKEN KABOBS WITH RICE PILAF TZATZIKI SAUCE
Entrée 3	PAN FRIED HALIBUT FILET WITH RED PEPPER DILL SAUCE	SWEET SOYA GLAZED BASA FILET	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	SHRIMP, FETA, DILL SAUTEED ONION QUICHE	LEMON BREADED SOLE FILET WITH TARTAR SAUCE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	CREAMY GARLIC PRAWN FETTUCINI WITH GARLIC BREAD
Starch	STEAMED POTATOES	MASHED GARLIC POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	POTATO PATTIES	SCALLOPED POTATOES	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	MIXED	ROASTED BUTTERNUT SQUASH	BOK CHOY	BAKED *TOMATOES	GOLDEN BEETS	CAULIFLOWER	BROCCOLI FLORETS
Vegetable	VEGETABLES	PEAS & PEARL ONIONS	MASHED TURNIPS & CARROTS	YELLOW *BEANS	SUGAR SNAP PEAS	SLICED GREEN ZUCCHINI	DICED RED *BEETS
FEATURED Dessert	BANANA PUDDING	APPLE PIE	BUTTERMILK CAKE	DATE SQUARES	CHOCOLATE BROWNIE	CARROT CAKE	BANANA CREAM 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
YOGURT

