



INSPIRED
SENIOR LIVING



Menu for the Week Of December 23 - December 29, 2024

Dinner

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

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	LEMON ORZO, CHICKPEA & KALE SOUP	MISO SOUP	<i>MERRY CHRISTMAS! CLEAR VERMICELLI SOUP</i>	SEAFOOD CHOWDER SOUP	COUNTRY VEGETABLE RICE SOUP	CHICKEN NOODLE SOUP	CREAM OF ASPARAGUS SOUP
	DAILY CONGEE	DAILY CONGEE	<i>DAILY CONGEE</i>	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SLICED FRESH TOMATO, CUCUMBER ON BUTTER LETTUCE	*AVOCADO & SALAMI ON ICEBERG	<i>SLICED FRESH RASPBERRIES AND KIWI ON ICEBERG LETTUCE SALAD</i>	MIXED GREENS WITH RED GRAPES, RASPBERRIES, BLU CHEESE	CABBAGE AND CARROT COLESLAW	WARM CALAMARI SALAD WITH RANCH DRESSING	CRISPY BACON, HARD BOILED EGGS ON ICEBERG LETTUCE
Entrée 1	GRILLED MINI BURGERS SLIDERS WITH FRENCH FRIES	SLOWLY COOKED CORNED BEEF WITH BRAISED GREEN CABBAGE	<i>GRILLED VEAL FLANK STEAK WITH MUSHROOM-ONION DEMI GLAZE</i>	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY	BBQ PORK SPARERIBS	BEEF & VEGETABLE POT PIE WITH GRAVY	BAKED MEATLOAF WITH GRAVY
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH HOISING SAUCE	ROASTED CHICKEN LEGS WITH GRAVY	<i>ROASTED TURKEY BREAST WITH STUFFING, GRAVY & CRANBERRY SAUCE</i>	SWEET CURRY CHICKEN WITH RICE	BAKED MACARONI AND CHEESE	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	CHICKEN FINGERS WITH CAESAR SALAD, PLUM SAUCE
Entrée 3	PAN FRIED COD LOIN WITH TARTAR SAUCE	COQUILLE ST JACQUES)SCALLOPS, MUSHROOMS, WHITE WINE SAUCE)	<i>PAN FRIED SALMON FILET WITH LEMON HERBS</i>	POACHED BASA FILET WITH GARLIC PRAWNS	ALMOND CRUSTED COD FILET WITH TARTAR SAUCE	BAKED ASIAN STYLE SALMON FILET	POTATO CRUSTED COD FILET WITH TARTAR SAUCE
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	<i>MASHED POTATOES</i>	POTATO LYONNAISE	POTATO PATTIES	BAKE 1/2 POTATO WITH SOUR CREAM	ROASTED RED POTATOES
	STEAMED RICE	STEAMED RICE	<i>STEAMED RICE</i>	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	PEAS & PEARL ONIONS	DICED *BEETS	<i>BROCCOLI FLORETS</i>	BAKED TOMATOES	BRUSSEL SPROUTS	MIXED	SPAGHETTI SQUASH
Vegetable	BABY CARROTS	GREEN KALE	<i>ROASTED BABY CARROTS</i>	CAULIFLOWER	YELLOW ZUCCHINI	VEGETABLES	HONEY CARROTS
FEATURED Dessert	INDIVIDUAL FRESH BLUEBERRY TARTS	ASSORTED CHEESECAKES	<i>MINCEMEAT TARTS</i>	TRIPLE CHOCOLATE CAKE	BUTTERSCOTCH PUDDING	MOCHA MOUSSE CAKE	HOMESTYLE 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

