



INSPIRED  
SENIOR LIVING



## Menu for the Week of January 6 - January 12, 2025

Menu items are subject to change due to availability of product. \* Please check the Daily Menu Board\*

### Dinner

#### OMELET OF THE WEEK: BABY SHRIMP, GREEN ONIONS AND FETA CHEESE

| Week 2              | Monday                                              | Tuesday                                                       | Wednesday                                                       | Thursday                                                           | Friday                                                 | Saturday                                                       | Sunday                                           |
|---------------------|-----------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------|
| Appetizer:<br>SOUP  | GREEN LENTIL SOUP                                   | EGG DROP SOUP WITH<br>*SPINACH                                | CHICKEN GUMBO SOUP                                              | BUTTERNUT SQUASH<br>SOUP                                           | *TOMATO BISQUE SOUP                                    | CHICKEN NOODLE SOUP                                            | CREAM OF *CAULIFLOWER<br>SOUP                    |
|                     | DAILY CONGEE                                        | DAILY CONGEE                                                  | DAILY CONGEE                                                    | DAILY CONGEE                                                       | DAILY CONGEE                                           | DAILY CONGEE                                                   | DAILY CONGEE                                     |
| Appetizer:<br>SALAD | *TOMATO, CUCUMBER<br>ON ICEBERG LETTUCE             | MANGO & BERRY TOSSED<br>SALAD                                 | SLICED *PEACHES AND<br>*RASPBERRIES ON<br>ICEBERG LETTUCE SALAD | SHREDDED CRAB MEAT<br>AND BOILED EGGS SALAD                        | TOASTED PECANS,<br>*STRAWBERRIES ON<br>ICEBERG LETTUCE | FRESH *SPINACH WITH<br>DRIED *CRANBERRIES &<br>TOASTED ALMONDS | CHERRY *TOMATOES &<br>BOCCONCINI CHEESE<br>SALAD |
| Entrée 1            | BAKED VEAL<br>CHAMPIGNON WITH<br>GRAVY              | SPAGHETTI BOLOGNESE<br>WITH PARMESAN<br>CHEESE & GARLIC BREAD | ROASTED PORK<br>TENDERLOIN WITH<br>BLUEBERRY SAUCE              | GRILLED FARMER<br>SAUSAGES WITH<br>SAUERKRAUT & MASHED<br>POTATOES | ASIAN STYLE BBQ PORK<br>WITH RICE                      | CABBAGE ROLLS IN<br>TOMATO SAUCE WITH<br>SOUR CREAM            | SHEPHERDS PIE WITH<br>GRAVY                      |
| Entrée 2            | ASIAN STYLE GRILLED<br>CHICKEN BREAST               | CHICKEN FINGERS WITH<br>CAESAR SALAD & PLUM<br>SAUCE          | BAKED CHICKEN THIGHS<br>WITH GRAVY                              | POACHED CHICKEN<br>BREAST                                          | ROASTED CHICKEN LEGS<br>WITH GRAVY                     | BAKED CHICKEN KABOBS<br>WITH RICE PILAF &<br>TZATZIKI SAUCE    | BAKED CHICKEN CORDON<br>BLEU WITH GRAVY          |
| Entrée 3            | PAN FRIED LOBSTER CAKE<br>WITH TARTAR SAUCE         | BAKED TARTAR BASA<br>FILET                                    | BAKED SOYA GINGER<br>COD FILET                                  | PAN FRIED HADDOCK<br>FILET WITH LEMON<br>SAUCE                     | POACHED SALMON FILET<br>WITH CAPER SAUCE               | FISH AND CHIPS WITH<br>COLESLAW AND TARTAR<br>SAUCE            | LEMON PEPPER COD FILET<br>WITH CHIVE CREAM SAUCE |
| Starch              | ROASTED ROSEMARY<br>POTATOES                        | STEAMED POTATOES                                              | MASHED YAM POTATOES                                             | WHIPPED POTATOES                                                   | POTATO PATTIES                                         | FRENCH FRIES                                                   | POTATOES O'BRIEN                                 |
|                     | STEAMED RICE                                        | STEAMED RICE                                                  | STEAMED RICE                                                    | STEAMED RICE                                                       | STEAMED RICE                                           | STEAMED RICE                                                   | STEAMED RICE                                     |
| Vegetable           | YELLOW WAXED *BEANS                                 | GREEN KALE                                                    | BRAISED RED CABBAGE                                             | SEASONED PEAS                                                      | BAKED ACORN *SQUASH                                    | BRUSSEL SPROUTS                                                | BALSAMIC *BEETS                                  |
| Vegetable           | *BROCCOLINI                                         | BUTTERED CORN &<br>DICED CARROTS                              | GREEN *BEANS<br>ALMANDINE                                       | PARSLIED CAULIFLOWER                                               | ASPARAGUS                                              | GLAZED CARROTS                                                 | SUI CHOY & *SPINACH                              |
| FEATURED<br>Dessert | BAKED *APPLES (GALA<br>APPLES WITH CARAMEL<br>SAUCE | CREAMY RICE PUDDING                                           | BUTTER TART BAR                                                 | ROCKY ROAD BROWNIE                                                 | BOSTON CREAM PIE                                       | VANILLA PUDDING                                                | CHERRIES JUBILEE WITH<br>ICE CREAM               |



\* 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

