



INSPIRED
SENIOR LIVING



Menu for the Week of January 13 - January 19, 2025

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

Dinner

OMELET OF THE WEEK: HAM & CHEESE

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	POTATO LEEK SOUP	BEEF & BARLEY SOUP	CHINESE NAPA CABBAGE & SHITAKE MUSHROOM SOUP	SPLIT PEA AND HAM SOUP	CHICKEN NOODLE SOUP	ITALIAN WEDDING SOUP	FRENCH ONION SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	FRESH APPLES & MANGO ON ICEBERG LETTUCE	CAESAR SALAD	SPINACH SALAD WITH PINEAPPLE & ROASTED COCONUT	SNAP PEAS & RADISH SALAD	SHREDDED CRAB MEAT & SLICED EGGS SALAD	ICEBERG LETTUCE WITH WALNUTS, GRAPES, RASPBERRIES	POTATO SALAD
Entrée 1	BAKED SAUSAGE ROLLS WITH MASHED POTATOES & GRAVY	PULLED BBQ PORK SANDWICH WITH COLESLAW & YAM FRIES	BRAISED CURRIED LAMB WITH RICE	BRAISED PORK CHOPS	BRATWURST SAUSAGES WITH SAUERKRAUT	BAKED MAUI SHORT RIBS WITH RICE PILAF	FRENCH DIP SANDWICH (BEEF DIP) AU JUS & FRENCH FRIES
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	BUTTERMILK ROASTED CHICKEN DRUMSTICKS WITH GRAVY	TURKEY POT PIE WITH GRAVY	ROASTED CHICKEN LEGS WITH BBQ GLAZE	ROASTED CHICKEN BREAST WITH GRAVY	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	BAKED GINGER SOY HADDOCK FILET	GRILLED SALMON FILET WITH DILL SAUCE	BREADED SOLE FILET WITH TARTAR SAUCE	CANTONESE STYLE OVEN BAKED COD FILET	BAKED SALMON WELLINGTON	POACHED SALMON FILET WITH LEMON SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE
Starch	MASHED POTATOES	PARSLIED BOILED POTATOES	POTATO PATTIES	MASHED SWEET POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	CARROTS	ROASTED ROOT VEGETABLES WITH HERBS	SLICED BEETS	BUTTERED CORN	MIXED	BAKED TOMATO	BROCCOLI FLORETS
Vegetable	PEAS	CARROTS, PARSNIPS, TURNIPS	BOK CHOY	ZUCCHINI	VEGETABLES	CAULIFLOWER	SPAGHETTI SQUASH
FEATURED Dessert	CHEESECAKE WITH RASPBERRY SAUCE	PINEAPPLE UPSIDE DOWN CAKE	ASSORTED SQUARES	MANGO & CHERRY CREPES	ORANGE JELLO	PUMPKIN PIE	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
YOGURT

