



INSPIRED
SENIOR LIVING



Menu for the Week of January 20 - January 26, 2025

Dinner

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

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	TOMATO VEGETABLE SOUP	HAMBURGER SOUP	CLAM CHOWDER SOUP	CREAM OF MUSHROOM SOUP	CHICKEN NOODLE SOUP	ROBBIE BURNS DAY CORNEB BEEF & CABBAGE SOUP	CREAM OF BROCCOLI 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 & BACON	RADISH & CUCUMBER SALAD	*STRAWBERRY & ORANGE SPRING SALAD	CHERRY TOMATOES & FRESH AVOCADO SALAD	SHRIMP COCKTAIL ALL ENTREES SERVED WITH A TASTE OF HAGGIS	ICEBERG LETTUCE WITH DICED FRUIT (HONEYDEW, CANTALOUPE, WATERMEL ON)
Entrée 1	BAKED BEANS & WEINERS	GRILLED NEW YORK STEAK WITH RED WINE SAUCE	BAKED MEATLOAF WITH GRAVY	PAN FRIED VEAL LIVER WITH SAUTEED ONION GRAVY	BAKED BEEF POT PIE WITH GRAVY	BRAISED LAMB CHOPS	ROASTED ROSEMARY PORK LOIN WITH GRAVY
Entrée 2	CHICKEN A LA GORDON (HAM & CHEESE) WITH GRAVY	POACHED CHICKEN BREAST IN COCONUT BROTH/CRANBERRY SAUCE	CHICKEN VEGETABLE STIR FRY ON NOODLES	TERIYAKI CHICKEN WINGS	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	CHICKEN THIGHS WITH PEACH & DIJON GLAZE	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	ALMOND CRUSTED SOLE FILET WITH TARTAR SAUCE	POACHED SALMON FILET WITH BEARNAISE SAUCE	PRAWNS & VEGETABLE CHOWMEIN
Starch	STEAMED POTATOES	ROASTED YAM POTATOES	MASHED SWEET POTATOES	POTATO LYONNAISE	SCALLOPED POTATOES	GARLIC MASHED POTATOES	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED CARROTS	ROASTED BUTTERNUT SQUASH	SLICED RED BEETS	BRAISED RED CABBAGE	GOLDEN BEETS	MASHED CARROTS & TURNIPS	GREEN BEANS
Vegetable	BABY BOK CHOY	PEAS & PEARL ONIONS	CORN NIBLETS	YELLOW *BEANS	SUGAR SNAP PEAS	BROCCOLI	BAKED *TOMATOES
FEATURED Dessert	CHOCOLATE PUDDING	APPLE PIE	LEMON MERINGUE PIE	DATE SQUARES	CHOCOLATE BROWNIE	BUTTERSCOTCH PUDDING TARTS WITH WHIPPED CREAM	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

