



INSPIRED
SENIOR LIVING



Menu for the Week of January 27 - February 2, 2025

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

Dinner

OMELET OF THE WEEK: BROCCOLI AND CHEESE

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	COCK A LEEKIE SOUP	CURRY COCONUT RICE SOUP	HAPPY CHINESE NEW YEAR! WON TON SOUP DAILY CONGEE	DUCK VEGETABLE & CHICKPEA SOUP	PUREED PEA SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	WINTER GREENS & BERRY SALAD	BACON, LETTUCE TOMATO SALAD	CHINESE NAPA CABBAGE SALAD	GREEN SALAD WITH MANGO & STRAWBERRY	SHREDDED CRAB MEAT & BOILED EGGS ON ICEBERG LETTUCE	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	SALISBURY STEAK WITH MUSHROOM ONION GRAVY	SPAGHETTI BOLOGNESE WITH GARLIC BREAD & PARMESAN CHEESE	OVERNIGHT ROASTED PORK BELLY WITH BBQ GLAZE ON FRIED RICE	PORK STIR FRY WITH BLACK BEAN SAUCE ON RICE	BANGER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	BRAISED MEATBALLS IN TOMATO SAUCE WITH PENNE PASTA	GRILLED CHEESEBURGER TOPPED WITH CRISPY BACON & FRENCH FRIES
Entrée 2	ROASTED CHICKEN LEGS WITH GRAVY	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	ROASTED DUCK LEGS WITH ORANGE POMEGRANATE SAUCE	ROASTED GARLIC ROSEMARY CHICKEN BREAST	CHICKEN SCHNITZEL WITH LEMON WEDGE	ROASTED CHICKEN THIGHS WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY
Entrée 3	TUNA MELT SANDWICH WITH COLESLAW & FRENCH FRIES	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS, TARTAR SAUCE	BAKED PARMESAN & HERB CRUSTED SOCKEYE (SALMON) FILET	MEDITERRANEAN BAKED HADDOCK FILET	POTATO CRUSTED COD FILET WITH TARTAR SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	CREAMY SEAFOOD RISSOTTO RICE
Starch	POTATO PATTIES	BOILED POTATOES WITH FRESH PARSLEY	MASHED POTATOES	ROASTED RED POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLI FLORETS	SEASONED PEAS	BABY BOK CHOY	SPAGHETTI SQUASH	MIXED	GREEN KALE	DICED BEETS
Vegetable	WAX *BEANS	BUTTERED CORN	SLICED CARROTS & BEAN SPROUTS	SUI CHOY & SPINACH	VEGETABLES	YELLOW ZUCHINNI	GREEN *BEANS
FEATURED Dessert	BAKED EGG & DRIED CRANBERRY CUSTARD	CARAMEL VANILLA SWIRL CAKE	BAKED EGG CUSTARD TART	TAPIOCA PUDDING	APPLE BETTY WITH ICE CREAM	PECAN PIE	INDIVIDUAL LEMON JELLO



* Menu item contains a Superfood.

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES

FATTY FISH
NUTS
PEACHES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

