



INSPIRED
SENIOR LIVING

Menu for the Week of February 10 - February 16, 2025



Dinner

OMELET OF THE WEEK: SMOKED *SALMON & DILL

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	VEGETABLE TORTELLINI SOUP	CORN, BACON & POTATO CHOWDER SOUP	HEARTY TOMATO & VEGETABLE SOUP	CURRIED LENTIL SOUP	♥ HAPPY VALENTINE'S DAY DINNER ♥ BUTTERNUT SQUASH SOUP	CHICKEN NOODLE SOUP	SEAFOOD CHOWDER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SMOKED SALMON & SLICED BOILED EGGS SALAD	PAPAYA & DRIED CRANBERRIES ON ICEBERG LETTUCE	BEET SALAD WITH RED ONION, MANDARIN ORANGES	FRESH BERRIES ON ICEBERG LETTUCE	MIXED GREEN SALAD WITH FRESH STRAWBERRIES	CRISPY PANCETTA WITH CUCUMBER, RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE, GRAPES & HONEYDEW
Entrée 1	HONEY GARLIC GLAZED HAM	BRAISED BEEF BOURGUIGNON	SWEET AND SOUR PORK WITH STEAMED RICE	GRILLED SKINLESS BREAKFAST SAUSAGES WITH POTATO & CARAMELIZED ONION	GRILLED NEW YORK STEAK WITH DEMI GLAZE	BREADED VEAL CUTLETS WITH GRAVY	GINGER BEEF AND VEGETABLE STIR FRY ON NOODLES
Entrée 2	ROASTED CHICKEN LEGS WITH BBQ GLAZE	LINGUINI CHICKEN PRIMAVERA WITH PARMESAN & GARLIC BREAD	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	CHICKEN KABOBS WITH TERIYAKI	ROAST CHICKEN THIGHS WITH GRAVY	OVEN BAKED CHICKEN BREAST WITH GARLIC PARMESAN CREAM SAUCE
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES & TARTAR SAUCE	BAKED GREEK STYLE SNAPPER FILET	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	FISH AND CHIPS WITH COLESLAW & TARTAR SAUCE	POACHED SALMON FILET WITH CREAM DILL SAUCE	GARLIC PRAWN SKEWERS WITH LEMON WEDGE	SUN DRIED TOMATO CRUSTED BASA FILET
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	MASHED SWEET POTATOES WITH CHIVE	CREAMY MASHED POTATOES	WHIPPED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	ACORN *SQUASH	RED SWISS CHARD	SAUTEED	BAKED *TOMATO	MIXED
Vegetable	SLICED CARROTS	SUGAR SNAP PEAS	MASHED YELLOW TURNIPS & CARROTS	CORN NIBLETS	FRESH VEGETABLES	BRAISED GREEN CABBAGE	VEGETABLES
FEATURED Dessert	NANAIMO BAR	COCONUT PUDDING	BANANA FLAMBE	BUTTERTART BAR	STRAWBERRY SHORT CAKE	HAYSTACK BROWNIE	MAPLE 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

