



INSPIRED
SENIOR LIVING



Menu for the Week of March 10 - March 16, 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	COUNTRY VEGETABLE SOUP	COCONUT, GINGER, CHICKPEA SOUP	CURRIED CAULIFLOWER SOUP	SALMON SOUP	CHICKEN NOODLE SOUP	CARROT & LENTIL 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	POTATO CHEESE PEROGIES WITH SAUTEED ONION, BACON & SOUR CREAM	BRAISED CURRIED LAMB WITH MANGO CHUTNEY & RICE	BRAISED PORK CHOPS	BEEF TORTELLINI WITH TOMATO SAUCE & GARLIC BREAD	MEAT LOVER PIZZA WITH SALAD	PULLED PORK SANDWICH WITH COLESLAW AND FRENCH FRIES
Entrée 2	ROASTED TURKEY BREAST WITH STUFFING & GRAVY	COCONUT BREADED CHICKEN BREAST WITH HONEY MUSTARD SAUCE	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	TURKEY POT PIE WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	ROASTED TERIYAKI GLAZED CHICKEN LEGS	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY
Entrée 3	BAKED SOLE FILET THE MEDITERRANEAN WAY	GRILLED SALMON FILET WITH DILL SAUCE	ALMOND CRUSTED SOLE FILET WITH TARTAR SAUCE	SEAFOOD CHOWMEIN	POTATO CRUSTED COD FILET WITH TARTAR SAUCE	POACHED SALMON FILET WITH CAPER 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	MIXED	BROCCOLI FLORETS	BUTTERED CORN	SLICED BEETS	BAKED TOMATO	GREEN BEANS
Vegetable	PEAS	VEGETABLES	SPAGHETTI SQUASH	ZUCCHINI	ASPARAGUS	CAULIFLOWER WITH CHEESE SAUCE	YELLOW ZUCCHINI
FEATURED Dessert	CHEESECAKE WITH RASPBERRY SAUCE	PINEAPPLE UPSIDE DOWN CAKE	RAISIN SQUARES	MANGO & CHERRY CREPES	ORANGE JELLO	BLUEBERRY PIE	PECAN STREUSEL 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

