



INSPIRED
SENIOR LIVING



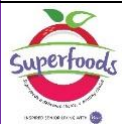
Menu for the Week of April 28 - May 4, 2025

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

Dinner

OMELET OF THE WEEK: BABY SHRIMP, GREEN ONIONS AND FETA CHEESE

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	GREEN LENTIL SOUP	EGG DROP SOUP WITH *SPINACH	CHICKEN GUMBO SOUP	DUCK, CHICKPEA & VEGETABLE SOUP	LLL: RHUBARB CARROT & RHUBARB SOUP	CHICKEN NOODLE SOUP	CREAM OF *BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	TOMATO, BLACK OLIVES, & CUCUMBER ON ICEBERG LETTUCE SALAD	MANGO & BERRY TOSSED SALAD	SLICED *PEACHES AND *RASPBERRIES ON ICEBERG LETTUCE SALAD	SHREDDED CRAB MEAT AND BOILED EGGS SALAD	DAILY CONGEE SPRING GREENS, ROASTED WALNUTS & GOAT CHEESE SALAD	FRESH *SPINACH WITH DRIED *CRANBERRIES & TOASTED ALMONDS	CHERRY *TOMATOES & BOCCONCINI CHEESE SALAD
Entrée 1	BRAISED BEEF BOURGIGNON WITH EG NOODLES	SPAGHETTI BOLOGNESE WITH PARMESAN CHEESE & GARLIC BREAD	BBQ GLAZED ROASTED PORK TENDERLOIN	SHEPHERDS PIE WITH GRAVY	BAKED BEEF WELLINGTON WITH GRAVY	PUB BASKET: DRY PORK RIBS, ONION RINGS, FRENCH FRIES, RANCH DIP	GRILLED VEAL FLANK STEAK WITH BALSAMIC GLAZE
Entrée 2	ASIAN STYLE GRILLED CHICKEN BREAST	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE	SMOKED TURKEY, POTATO SALAD & FRESH VEGETABLES COLD PLATE	POACHED CHICKEN BREAST	BRAISED CHICKEN THIGHS WITH RHUBARB HOUSE SAUCE	TERIYAKI BAKED CHICKEN KABOBS WITH RICE PILAF	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	SWEET SOYA GLAZED BASA FILET	CREAMY BAKED SEAFOOD MAC & CHEESE	PAN FRIED BLUE COD FILET WITH CRISPY GINGER	PAN FRIED SALMON FILET WITH LEMON WEDGE	BAKED ALMOND CRUSTED SOLE FILET WITH TARTAR SAUCE	ASIAN BAKED HADDOCK WITH CITRUS SOY SAUCE MARINADE
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	MASHED YAM POTATOES	WHIPPED POTATOES	POTATO LYONNAISE	POTATO PATTIES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	YELLOW WAXED *BEANS	GREEN KALE	BRAISED RED CABBAGE	SEASONED PEAS	MIXED	SPAGHETTI SQUASH	BALSAMIC *BEETS
Vegetable	*BROCCOLI	BUTTERED CORN	GREEN *BEANS ALMANDINE	PARSLIED CAULIFLOWER	VEGETABLES	GLAZED CARROTS	SUI CHOY & *SPINACH
FEATURED Dessert	ASSORTED CAKES	CREAMY RICE PUDDING	BUTTER TART BAR	BAKED APPLE CRUMBLE WITH ICECREAM	LLL: RHUBARB & STRAWBERRY PIE	VANILLA PUDDING	COUNTRY 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

