



INSPIRED  
SENIOR LIVING



## Menu for the Week of June 16 - June 22, 2025

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

### Dinner

#### OMELETTE OF THE WEEK - 2 CHEESE

| Week 1           | Monday                                            | Tuesday                                         | Wednesday                              | Thursday                                               | Friday                                                | Saturday                                                 | Sunday                                                   |
|------------------|---------------------------------------------------|-------------------------------------------------|----------------------------------------|--------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| Appetizer: SOUP  | BEEF BARLEY SOUP                                  | CREAM OF MUSHROOM SOUP                          | SPLIT PEA & HAM SOUP                   | COCONUT-LIME CHICKEN SOUP                              | BORSCHT WITH SOUR CREAM                               | CHICKEN NOODLE SOUP                                      | FRENCH ONION WITH CHEESE CROUTON                         |
|                  | DAILY CONGEE                                      | DAILY CONGEE                                    | DAILY CONGEE                           | DAILY CONGEE                                           | DAILY CONGEE                                          | DAILY CONGEE                                             | DAILY CONGEE                                             |
| Appetizer: SALAD | SPINACH WITH FRESH BLUEBERRIES & BRIE CHEESE      | GRAPES, MANDARIN ORANGE ON ICEBERG LETTUCE      | SHRIMP & AVACADO SALAD                 | WALDORF SALAD                                          | SALAD WITH FRESH PAPAYA AND RASPBERRIES               | GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES | TANGY PEAR & BLUE CHEESE SALAD                           |
| Entrée 1         | BRAISED BEEF STROGANOFF WITH EGG NOODLES          | ENGLISH BANGERS & FRIED ONIONS GRAVY            | BREADED PORK CUTLETS WITH GRAVY        | BAKED PEPPERONI PIZZA WITH TOSSED SALAD                | BRAISED CABBAGE ROLLS IN TOMATO SAUCE WITH SOUR CREAM | CHINESE STYLE BBQ PORK WITH STEAMED RICE                 | VEAL PARMESAN                                            |
| Entrée 2         | ROASTED CHICKEN DRUMSTICKS WITH PEARL ONION SAUCE | CHICKEN SNOW PEA & PEPPER STIR FRY WITH RICE    | TURKEY BREAST WITH GRAVY               | MARINATED AND ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE | ROASTED CHICKEN BREAST WITH PESTO CREAM               | CHICKEN WINGS WITH HONEY GARLIC SAUCE                    | MARINATED AND ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE |
| Entrée 3         | PAN FRIED SOLE FILET WITH DILL SAUCE              | SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE | POACHED SALMON FILET WITH TARTAR SAUCE | RAINBOW TROUT FILLET WITH BROWN BUTTER CAPER SAUCE     | PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE              | CREAMY MUSHROOM SEAFOOD RISOTTO RICE                     | PAN-SEARED RED SNAPPER FILET WITH LEMON-CHIVE SAUCE      |
| Starch           | MASHED SWEET POTATO                               | ROASTED POTATOES                                | BOILED YELLOW POTATO WITH DILL         | MASHED POTATOES                                        | SCALLOPED POTATOES                                    | POTATO LAYONNAISE                                        | BAKED 1/2 POTATO WITH SOUR CREAM                         |
|                  | STEAMED RICE                                      | STEAMED RICE                                    | STEAMED RICE                           | STEAMED RICE                                           | STEAMED RICE                                          | STEAMED RICE                                             | STEAMED RICE                                             |
| Vegetable        | BABY CARROTS                                      | STEAMED PEAS                                    | RED BEETS                              | CAULIFLOWER                                            | SUGAR SNAP PEAS                                       | BUTTERED CORN                                            | SLICED CARROTS                                           |
| Vegetable        | STEAMED BOK CHOY                                  | SPAGHETTI SQUASH                                | MASHED TURNIPS & CARROTS               | BROCCOLI FLORETS                                       | GOLDEN BEETS                                          | BAKED TOMATO                                             | GREEN BEANS                                              |
| FEATURED Dessert | HAYSTACK BROWNIE                                  | APPLE CRUMBLE BAR                               | GERMAN CHOCOLATE                       | INDIVIDUAL LEMON PUDDING                               | MIXED BERRY CRUMBLE BAR                               | PECAN PIE                                                | CHOCOLATE ÉCLAIR                                         |

\* 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

