



INSPIRED
SENIOR LIVING



Menu for the Week of June 23 - June 29, 2025

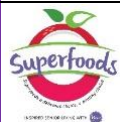
Menu items are subject to change due to availability of product. * Please check the Daily Menu Board*

Dinner

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

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	GREEN LENTIL & MINT SOUP	EGG DROP SOUP WITH *SPINACH	CHICKEN GUMBO SOUP	BUTTERNUT SQUASH	TOMATO BISQUE	CHICKEN NOODLE SOUP	CREAM OF *BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	TOMATO & CUCUMBER ON ICEBERG LETTUCE SALAD	MANGO & BERRY TOSSED SALAD	SLICED *PEACHES & *RASPBERRIES ON ICEBERG LETTUCE SALAD	SHREDDED CRAB MEAT & BOILED EGGS SALAD	TOASTED PECANS, *STRAWBERRIES ON ICEBERG LETTUCE	FRESH *SPINACH WITH DRIED *CRANBERRIES & TOASTED ALMONDS	CHERRY *TOMATOES & BOCCONCINI CHEESE SALAD
Entrée 1	GRILLED PORK CHOPS WITH ROSEMARY MAPLE BUTTER	SPAGHETTI BOLOGNESE WITH PARMESAN CHEESE & GARLIC BREAD	ROASTED PORK TENDERLOIN WITH BLUEBERRY SAUCE	GRILLED FARMER SAUSAGES WITH SAUERKRAUT & MASH POTATO	ASIAN STYLE BBQ PORK WITH STEAMED RICE	BRAISED CABBAGE ROLLS IN TOMATO SAUCE/SOUR CREAM	ROASTED LEG OF LAMB WITH GRAVY & MINT JELLY
Entrée 2	PEME CHICKEN PRIMAVERA	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE	TURKEY BREAST SALTIMBOCCA, PROSCIUTTO & SAGE	PARMESAN CRUSTED CHICKEN BREAST & TOMATO SAUCE	ROASTED CHICKEN LEGS WITH GRAVY	BAKED CHICKEN KABOBS WITH RICE PILAF & TZATZIKI SAUCE	BAKED CHICKEN CORDON BLEU WITH GRAVY
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	BAKED TARTAR BASA FILET	BAKED POTATO CRUSTED COD FILET WITH TARTAR SAUCE	PAN FRIED BLUE COD FILET WITH LEMON SAUCE	MAPLE-ORANGE GLAZED SALMON FILET	BREADED SOLE FILET WITH TARTAR SAUCE	LEMON-PEPPER HADDOCK FILET WITH CHIVE CREAM SAUCE
Starch	ROASTED ROSEMARY POTATOES	STEAMED POTATOES	MASHED YAM POTATOES	WHIPPED POTATOES	POTATO PATTIES	SCALLOPED POTATOES	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	SPAGHETTI SQUASH	BOK CHOY	BALSAMIC *BEETS
Vegetable	*BROCCOLI	BUTTERED CORN	GREEN *BEANS ALMANDINE	PARSLIED CAULIFLOWER	ASPARAGUS	GLAZED CARROTS	SUI CHOY & *SPINACH
FEATURED Dessert	COUNTRY CARROT CAKE	NANAIMO BAR	BUTTER TART BAR	ROCKY ROAD BROWNIE	BOSTON CREAM PIE STRAWBERRY SPECIAL	VANILLA PUDDING	CHERRIES JUBILEE WITH ICE CREAM

* 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

