



INSPIRED  
SENIOR LIVING

## Menu for the Week of July 7 - July 13, 2025



### Dinner

#### OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, MUSHROOMS, TOMATOES)

| Week 4              | Monday                                                                      | Tuesday                                                                    | Wednesday                                                                                      | Thursday                                        | Friday                                                           | Saturday                                                 | Sunday                                                                     |
|---------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------------------------|
| Appetizer:<br>SOUP  | TOMATO VEGETABLE<br>SOUP                                                    | CREAMY CHICKEN & RICE<br>SOUP                                              | CLAM CHOWDER SOUP                                                                              | PORK NOODLE SOUP                                | CABBAGE, POTATOES, &<br>SAUSAGES SOUP                            | CHICKEN NOODLE SOUP                                      | CREAM OF CAULIFLOWER<br>SOUP                                               |
|                     | DAILY CONGEE                                                                | DAILY CONGEE                                                               | DAILY CONGEE                                                                                   | DAILY CONGEE                                    | DAILY CONGEE                                                     | DAILY CONGEE                                             | DAILY CONGEE                                                               |
| Appetizer:<br>SALAD | MIXED GREENS WITH<br>FRESH BERRIES                                          | *SPINACH SALAD WITH<br>SLICED EGGS & JULIENNE<br>HAM                       | RADISH & CUCUMBER<br>SALAD                                                                     | *STRAWBERRY &<br>ORANGE SPRING SALAD            | GARLIC PRAWNS &<br>FRESH AVOCADO SALAD                           | GREEN CABBAGE SALAD<br>WITH MANGO & DRIED<br>CRANBERRIES | ICEBERG LETTUCE WITH DICED<br>FRUITS (HONEYDEW,<br>CANTALOUPE, WATERMELON) |
| Entrée 1            | BAKED BEANS AND<br>WIENERS                                                  | STEAMED PORK POT<br>STICKERS WITH SPRING<br>ROLLS ON FRIED RICE            | BAKED BEEF WELLINGTON<br>WITH GRAVY                                                            | PHILLY CHEESESTEAK<br>SUBS WITH FRENCH<br>FRIES | BAKED BEEF POT PIE<br>WITH GRAVY                                 | BRAISED BONELESS BEEF<br>SHORT RIBS                      | ROASTED ROSEMARY PORK<br>BUTT WITH GRAVY                                   |
| Entrée 2            | CHICKEN A LA GORDON<br>(HAM & CHEESE) WITH<br>GRAVY                         | POACHED CHICKEN<br>BREAST IN COCONUT<br>BROTH/CRANBERRY<br>SAUCE           | SMOKED TURKEY<br>SANDWICH ON<br>CRANBERRY BREAD WITH<br>FRENCH FIRES & RED<br>CABBAGE COLESLAW | TERIYAKI CHICKEN<br>WINGS                       | ROASTED CHICKEN LEGS<br>WITH MUSHROOM<br>SAUCE                   | BUTTER CHICKEN WITH<br>RICE & NAAN BREAD                 | GRILLED CHICKEN KABOBS<br>WITH RICE PILAF TZATZIKI<br>SAUCE                |
| Entrée 3            | SEAFOOD & VEGETABLES<br>FETTUCCINE (CLAM &<br>MUSSELS IN SHELL &<br>PRAWNS) | TIGER PRAWNS,<br>AVOCADO COLD PLATE<br>WITH COLESLAW &<br>FRESH VEGETABLES | PAN FRIED CRAB CAKE<br>WITH TARTAR SAUCE                                                       | PAN FRIED HADDOCK<br>WITH LEMON SAUCE           | POACHED SALMON FILET<br>WITH TARTAR SAUCE                        | ALMOND CRUSTED SOLE<br>FILET WITH LEMON<br>WEDGE         | BABY SHRIMP, SAUTEED<br>VEGETABLES, & FRESH DILL<br>QUICHE                 |
| Starch              | STEAMED POTATOES                                                            | MASHED GARLIC<br>POTATOES                                                  | ROASTED YAM POTATOES                                                                           | POTATO LYONNAISE                                | FRIED DICED POTATOES<br>W/ SAUTEED ONIONS,<br>MUSHROOMS, PEPPERS | SCALLOPED POTATOES                                       | ROASTED SEASONAL<br>POTATOES                                               |
|                     | STEAMED RICE                                                                | STEAMED RICE                                                               | STEAMED RICE                                                                                   | STEAMED RICE                                    | STEAMED RICE                                                     | STEAMED RICE                                             | STEAMED RICE                                                               |
| Vegetable           | SLICED CARROTS                                                              | ROASTED BUTTERNUT<br>SQUASH                                                | BRUSSEL SPROUTS                                                                                | ASPARAGUS                                       | GOLDEN BEETS                                                     | CORN                                                     | GREEN BEANS                                                                |
| Vegetable           | BABY BOK CHOY                                                               | PEAS & PEARL ONIONS                                                        | MASHED TURNIPS &<br>CARROTS                                                                    | YELLOW BEANS                                    | SUGAR SNAP PEAS                                                  | ZUCCHINI BATONS                                          | BAKED TOMATOES                                                             |
| FEATURED<br>Dessert | APPLE PIE                                                                   | CHOCOLATE PUDDING                                                          | LEMON MERINGUE PIE                                                                             | CHURROS WITH ICE<br>CREAM                       | VANILLA ICE CREAM W/<br>WARM PEACHES                             | DATE SQUARE                                              | BANANA CREAM PIE                                                           |



\* Menu item contains a Superfood.

Choose Superfoods more often for optimal health



APPLES  
AVOCADO  
BEANS & LENTILS

BLACKBERRIES  
BLUEBERRIES  
BRAN & OAT

CAULIFLOWER  
CHERRIES  
CRANBERRIES

FATTY FISH  
NUTS  
PEACHES

SPINACH  
STRAWBERRIES  
SQUASH  
TOMATO  
YOGURT

