



INSPIRED
SENIOR LIVING

Menu for the Week of July 21 - July 27, 2025



Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER SOUP	THREE MUSHROOM BARLEY SOUP	CURRY COCONUT RICE SOUP	*TOMATO RICE SOUP	GROUND BEEF, BEANS & POTATO SOUP	CHICKEN NOODLE SOUP	CREAM OF ASPARAGUS SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH FRESH LOCAL *BLUEBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & *STRAWBERRIES	SHRIMP COCKTAIL SALAD	CHERRY *TOMATO, RED ONION, & YELLOW PEPPER SALAD	WALDORF SALAD	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	BRAISED BEEF & VEGETABLE STEW WITH MASHED POTATOES	PORK TENDERLOIN WRAPPED IN PUFF PASTRY WITH GRAVY	ASSORTED BEEF COLD CUTS (RST. BEEF, HAM & PROSCIUTTO) WITH POTATO SALAD & VEGETABLES	SWEDISH MEATBALLS WITH EGG NOODLES	HOT DOG WITH DICED ONIONS, SAUERKRAUT RELISH & FRENCH FRIES	BRAISED CABBAGE ROLLS IN *TOMATO SAUCE W/ SOUR CREAM	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	CHICKEN & VEGETABLE STIR FRY WITH NOODLES	BAKED TANDOORI CHICKEN DRUMSTICKS	MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY	ROASTED CHICKEN BREAST WITH CREAMY *SPINACH SAUCE	BREADED CHICKEN WITH GRAVY	CHICKEN QUESADILLA WITH SALAD, SOUR CREAM, SALSA & GUACAMOLE
Entrée 3	PAN FRIED COD WITH CRISPY GINGER	BAKED BUTTERY TROUT WITH CAPERS	SALMON BURGER WITH FRENCH FRIES	POACHED SEAFOOD COMBO (SALMON, BASA, PRAWN)	POTATO CRUSTED COD FILET W/ TARTAR SAUCE	BAKED ASIAN STYLE SALMON FILET	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	LYONNAISE POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED YAM POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	ASPARAGUS	PARSLIED CAULIFLOWER	GREEN & YELLOW BEANS	GLAZED CARROTS	CORN & TARRAGON	BROCCOLI FLORETS	BRUSSEL SPROUTS
Vegetable	BABY CARROTS	PEAS	BAKED *TOMATOES	SPAGHETTI *SQUASH	BABY BOK CHOY	SLICED BEETS	YELLOW TURNIPS
FEATURED Dessert	LEMON MERINGUE PIE	DEEP DUTCH BROWNIES	DATE SQUARES	NANAIMO BAR	BUTTERSCOTCH PUDDING	STEWED MIXED FRUIT MEDLEY W/ WHIPPED CREAM	ASSORTED CAKES

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES

FATTY FISH
NUTS
PEACHES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

