



INSPIRED
SENIOR LIVING

Menu for the Week of August 11 - August 17, 2025



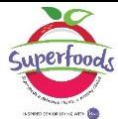
Menu items are subject to change due to availability of product. * Please check the Daily Menu Board*

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	THAI COCONUT LEMON GRASS SOUP	PEA & HAM SOUP	SCOTCH BROTH SOUP	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 RASPBERRIES & BRIE CHEESE	GRAPES, MANDARIN ORANGE ON ICEBERG LETTUCE SALAD	BEEF SALAD WITH COTTAGE CHEESE	WALDORF SALAD	SALAD WITH FRESH PAPAYA & DRIED CRANBERRIES	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & *CRANBERRIES	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	BRAISED BEEF STROGANOFF WITH EGG NOODLES	BAKED HAM WITH RAISIN SAUCE	GRILLED HAM & CHEESE SANDWICH WITH FRENCH FRIES & COLESLAW	BAKED PEPPERONI PIZZA WITH TOSSED SALAD	BRAISED CABBAGE ROLLS IN TOMATO SAUCE WITH SOUR CREAM	COLD MEAT & CHEESE PLATE WITH POTATO SALAD	GRILLED NEW YORK STEAK WITH DEMI GLAZE
Entrée 2	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	CHICKEN SALAD WRAP WITH CAESAR	SWEET & SOUR CHICKEN WITH STEAMED RICE	MARINATED AND ROASTED CHICKEN LEGS WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	CHICKEN WINGS WITH HONEY GARLIC SAUCE	CHICKEN QUESADILLA WITH SALSA, SOUR CREAM & GUACAMOLE
Entrée 3	PAN FRIED SOLE FILET WITH DILL SAUCE	SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE	POACHED SALMON FILET WITH TARTAR SAUCE	GRILLED HALIBUT FILET WITH LEMON SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	GARLIC PRAWN SKEWERS WITH LEMON WEDGE	BAKED COD WITH LEMON & CAPERS
Starch	POTATO PATTIES	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	BRUSSEL SPROUTS	CAULIFLOWER	MIXED VEGETABLES	BUTTERED CORN	SLICED CARROTS
Vegetable	STEAMED BOK CHOY	SPAGHETTI SQUASH	MASHED YELLOW TURNIPS & CARROTS	BROCCOLI FLORETS		BAKED TOMATO	WHOLE GREEN BEANS
FEATURED Dessert	PEACH COBBLER	COCONUT PUDDING	APPLE CRUMBLE SQUARE	TRIPLE CHOCOLATE FUDGE CAKE	APPLE & RAISIN CREPES	LEMON MERINGUE 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

