



INSPIRED
SENIOR LIVING



Menu for the Week of September 15 - September 21, 2021

Dinner

OMELET OF THE WEEK: *SPINACH, MOZZARELLA CHEESE & CRAB MEAT

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER SOUP	MUSHROOM BARLEY SOUP	MISO TOFU SOUP	*TOMATO RICE SOUP	GREEN CABBAGE & POTATO SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI 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 & *BLACKBERRIES	AVOCADO, BACON ON ICEBERG	CHERRY *TOMATO, RED ONION, & YELLOW PEPPER SALAD	WALDORF SALAD	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	ASIAN SEARED PORK CHOPS	PUB BASKET (PORK DRY RIBS, YAM TEMPURA, MOZZARELLA STICKS, RANCH DRESSING)	ASSORTED BEEF COLD CUTS (RST. BEEF, HAM & PROSCIUTTO) WITH POTATO SALAD & VEGETABLES	ROASTED GARLIC TOMATO MEATBALLS WITH EGG NOODLES	HOT DOG WITH DICED ONIONS, SAUERKRAUT RELISH & FRENCH FRIES	MEAT LASAGNA WITH GARLIC BREAD	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY	ROASTED CHICKEN LEGS WITH CREAMY SPINACH SAUCE	CHICKEN POTSTICKERS ON FRIED RICE	CREAMY CHICKEN CARBONARA PENNE PASTA WITH GARLIC BREAD	BUTTER CHICKEN WITH STEAMED RICE	CHICKEN & VEGETABLE STIRFRY NOODLES
Entrée 3	BAKED COD FLORENTINE	KUNG PAO PRAWNS WITH RICE	SALMON BURGER WITH FRENCH FRIES	POACHED SEAFOOD COMBO (SALMON, BASA, PRAWN)	POACHED SALMON WITH LEMON SAUCE	BAKED BREADED SOLE FILET WITH TARTAR SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED 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	BROCCOLINI	PARSLIED CAULIFLOWER	GREEN & YELLOW BEANS	GLAZED CARROTS	CORN & TARRAGON	BROCCOLI FLORETS	ROASTED BRUSSEL SPROUTS
Vegetable	SLICED CARROTS	PEAS	BAKED *TOMATOES	SPAGHETTI *SQUASH	BABY BOK CHOY	SLICED BEETS	YELLOW TURNIPS
FEATURED Dessert	GERMAN CHOCOLATE CAKE	THREE BERRY CRUMBLE BAR	PECAN PIE	CARROT CAKE	BUTTERSCOTCH PUDDING	INDIVIDUAL STRAWBERRY JELLO	BOSTON CREAM PIE



* 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

