



INSPIRED  
SENIOR LIVING

## Menu for the Week of October 6 - October 12, 2025



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

### Dinner

OMELETE OF THE WEEK - Greek style (Tomato, Onions, Feta Cheese)

| Week 1           | Monday                                               | Tuesday                                      | Wednesday                                                   | Thursday                                                                                                             | Friday                                                               | Saturday                                          | Sunday                                            |
|------------------|------------------------------------------------------|----------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| Appetizer: SOUP  | MOROCCAN SPICED CHICKPEA SOUP                        | SAUSAGE & BEAN SOUP                          | POTATO & LEEK SOUP                                          |  <b>THANKSGIVING BUFFET DINNER</b> | PUREED PEA SOUP                                                      | CHICKEN NOODLE SOUP                               | SEAFOOD CHOWDER SOUP                              |
|                  | DAILY CONGEE                                         | DAILY CONGEE                                 | DAILY CONGEE                                                | DAILY CONGEE                                                                                                         | DAILY CONGEE                                                         | DAILY CONGEE                                      | DAILY CONGEE                                      |
| Appetizer: SALAD | BOCCONCINI, TOMATO, CUCUMBER ON BUTTER LETTUCE       | AVOCADO & BABY SHRIMP ON ICEBERG             | SLICED FRESH PEACHES & BLUEBERRIES ON ICEBERG LETTUCE SALAD | <b>ASSORTED SALADS (PLEASE SEE SALAD MENU)</b>                                                                       | CABBAGE & CARROT COLESLAW                                            | WARM CALAMARI SALAD WITH RANCH DRESSING           | CRISPY BACON, HARD BOILED EGGS ON ICEBERG LETTUCE |
| Entrée 1         | BEEF & VEGETABLE STIRFRY ON NOODLES                  | OVERNIGHT ROASTED PORK BELLY ON STEAMED RICE | HOMESTYLE GROUND BEEF CASSEROLE                             | <b>CARVED ROASTED TURKEY WITH STUFFING, GRAVY</b>                                                                    | BBQ PORK SPARERIBS                                                   | HOT DOG WITH FRENCH FRIES                         | BAKED MAUI SHORT RIBS ON STEAMED RICE             |
| Entrée 2         | MARINATED & ROASTED CHICKEN BREAST WITH HOISIN SAUCE | ROASTED CHICKEN LEGS WITH GRAVY              | CHINESE STYLE LEMON CHICKEN WITH RICE                       | <b>GRILLED NEW YORK STEAK WITH MUSHROOM RED WINE SAUCE</b>                                                           | SMOKED TURKEY BREAST COLD PLATE WITH POTATO SALAD & FRESH VEGETABLES | ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE | CHICKEN CORDON BLEU WITH GRAVY                    |
| Entrée 3         | PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE             | PAN FRIED TROUT FILET WITH LEMON WEDGE       | POACHED COD FILET WITH FRESH GINGER & CILANTRO              | <b>SEAFOOD STUFFED SALMON FILET WITH CREAMY DILL SAUCE</b>                                                           | BAKED SEAFOOD & BRIE CHEESE QUICHE                                   | BAKED BREADED SOLE FILET WITH TARTAR SAUCE        | POTATO CRUSTED COD FILET WITH TARTAR SAUCE        |
| Starch           | STEAMED WHITE POTATOES WITH DILL                     | ROASTED YAM POTATOES                         | POTATO LYONNAISE                                            | <b>WHIPPED POTATOES WITH ROASTED GARLIC</b>                                                                          | POTATO PATTIES                                                       | BAKED 1/2 POTATO WITH SOUR CREAM                  | ROASTED RED POTATOES                              |
|                  | STEAMED RICE                                         | STEAMED RICE                                 | STEAMED RICE                                                | STEAMED RICE                                                                                                         | STEAMED RICE                                                         | STEAMED RICE                                      | STEAMED RICE                                      |
| Vegetable        | PEAS                                                 | DICED BEETS                                  | MIXED                                                       | <b>SAUTEED FRESH</b>                                                                                                 | BROCCOLINI<br>YELLOW ZUCCHINI                                        | SPAGHETTI SQUASH                                  | YELLOW BEANS                                      |
| Vegetable        | BABY CARROTS                                         | CORN NIBLETS                                 | VEGETABLES                                                  | <b>MIXED VEGETABLES</b>                                                                                              |                                                                      | BRUSSEL SPROUTS                                   | HONEY CARROTS                                     |
| FEATURED Dessert | CARROT CAKE                                          | KIWI UPSIDE DOWN CAKE                        | CUSTARD BREAD PUDDING WITH CARAMEL SAUCE                    | <b>TRADITIONAL PUMPKIN PIE WITH WHIPPED CREAM</b>                                                                    | ASSORTED CAKES                                                       | INDIVIDUAL COCONUT PUDDING                        | CARAMEL SWIRL CAKE                                |

\* 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

