



INSPIRED
SENIOR LIVING

MENU FOR THE WEEK OF OCTOBER 5, 2026 - OCTOBER 11, 2026



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

DINNER

OMELET OF THE WEEK: PAYSAN (BACON, POTATOES, SAUTEED ONIONS)

	05-Oct-26	06-Oct-26	07-Oct-26	08-Oct-26	09-Oct-26	10-Oct-26	11-Oct-26
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	COCK A LEEKIE SOUP	*TOMATO DILL SOUP	MULLIGATAWNY SOUP	*THANKSGIVING BUFFET* COLD STATION: 1. MIXED GREEN SALAD WITH FRESH BERRIES & CRUMBLER BLUE CHEESE 2. STEAMED TIGER PRAWNS WITH COCKTAIL SAUCE 3. SALMON GRAVLAX (MARINATED ATLANTIC SALMON) 4. CREAMY POTATO SALAD 5. GREEN CABBAGE SALAD WITH FRESH PINEAPPLES & HERBS 6. MEDITERRANEAN TORTELLINI SALAD WITH SUNDRIED TOMATOES & PARMESAN CHEESE 7. ASSORTED PICKLES HOT STATION: 1. CARVED ROASTED TURKEY WITH STUFFING, CRANBERRY SAUCE & GRAVY 2. BRAISED BBQ PORK SPARERIBS 3. BROILED LOBSTER TAIL WITH GARLIC LEMON BUTTER SAUCE	PUREED PEA SOUP	CHICKEN NOODLE SOUP	NAVY *BEAN SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE		DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS & BERRY SALAD	BACON, LETTUCE *TOMATO SALAD	FENNEL, FRESH PEAR & DRIED *CRANBERRY SALAD		SHREDDED CARROT WITH RAISIN SALAD	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED *TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	BRAISED BEEF STROGNOFF ON EGG NOODLES	SPAGHETTI BOLOGNESE WITH GARLIC BREAD & PARMESAN CHEESE	HOISIN PORK CHOPS		BANGER SAUSAGES WITH SAUERKRAUT & MASHED POTATOES	SLOW COOKED IRISH LAMB & PEARL BARLEY STEW ON STEAMED RICE	GRILLED CHEESEBURGER WITH FRENCH FRIES
Entrée 2	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	CLASSIC FRENCH COQ AU VIN CHICKEN WITH STEAMED RICE	WHOLE ROASTED CHICKEN WITH STUFFING GRAVY		MARINATED & ROASTED CHICKEN BREAST WITH GRAVY	ROASTED CHICKEN THIGHS WITH GRAVY	HONEY-LIME CHICKEN BREAST
Entrée 3	TUNA MELT SALAD SANDWICH WITH COLESLAW, FRENCH FRIES	SWEET SOYA GLAZED BASA FILET	BAKED HALIBUT FILET WITH CAPER LEMON SAUCE		BAKED POTATO CRUSTED COD LOIN WITH TARTAR SAUCE	PAN FRIED LOBSTER CAKE & CAYENNE PRAWNS WITH TARTAR SAUCE	STEAMED MUSSELS IN COCONUT CURRY BROTH WITH GARLIC BREAD
Starch	MASHED POTATOES	BOILED POTATOES WITH FRESH PARSLEY	POTATO PATTIES		YUKON GOLD WHIPPED CREAMY POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM
	STEAMED RICE	STEAMED RICE	STEAMED RICE		RICE PILAF	STEAMED RICE	STEAMED RICE
Vegetable	*BROCCOLI FLORETS	RED *BEETS	BRAISED RED CABBAGE	SAUTEED MIXED FRESH VEGETABLES	SEASONED PEAS	CORN ON THE COB	YELLOW ZUCCHINI
Vegetable	WAX *BEANS	BUTTERED CORN	STEAMED ASPARAGUS		BABY CARROTS	BABY BOK CHOY	GREEN KALE
FEATURED Dessert	BOSTON CREAM PIE	CARAMEL-VANILLA SWIRL CAKE	DATE SQUARE	1. PUMPKIN PIE WITH WHIPPED CREAM 2. ASSORTED BUFFET CAKES & SQUARES	ASSORTED CAKES	FRESH KIWI & BLUEBERRY TARTS	INDIVIDUAL LEMON JELLO

* Menu item contains a Superfood.

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS &
LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES
EGGS

FATTY FISH
NUTS
PEACHES
RASPBERRIES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

