

# Sample Lunch and Dinner Menu <br> - Spring / Summer - 

inspired senior living with vong

## Sample Spring/Summer Lunch Menu

|  | Soup | Entrée |  |  | Dessert |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Monday | Beef Vegetable | Shrimp \& Mandarin Orange Salad with Dinner Roll | or | Turkey Bacon Lettuce and Tomato Sandwich and Caesar Salad | Assorted Desserts |
| Tuesday | Corn Chowder | Crab Macaroni and Cheese with Mixed Green Salad | or | Grilled Ham \& Cheese Sandwich with Mixed Green Salad | Assorted Desserts |
| Wednesday | Miso Tofu \& Vegetable | Stewed Beef with Daikon and Dinner Roll | or | Smoked Salmon Sandwich with Coleslaw | Assorted Desserts |
| Thursday | Cream of Leek | Cobb Salad Turkey Blue Cheese Tomato Egg with Garlic Bread | or | Roast Beef and Cheddar Sandwich with Greek Salad | Assorted Desserts |
| Friday | Egg Drop Soup | Fresh Fruit Plate with Cottage Cheese and Warm Scone | or | Baby Shrimp Salad Croissant with House Salad | Assorted Desserts |
| Saturday | Carrot Ginger | Egg Foo Yung with Asian Coleslaw | or | Reuben Sandwich on Canadian Rye Bread with Coleslaw | Assorted Desserts |
| Sunday | Minestrone | Ham Asparagus and Brie Quiche and Homefries | or | Chicken and Grape Salad Sandwich with Homefries | Assorted Desserts |

## Sample Spring/Summer Dinner Menu

|  | Appetizer | Entrée |  |  | Vegetable | Dessert |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Monday | Spring Greens Strawberries and Goat Cheese | Chicken A la King in Puff Pastry with Steamed Rice | or | Teriyaki Glazed Salmon Pineapple Salsa with Steamed Rice | Baked Tomato / <br> Roast Zucchini | Red Velvet Cake |
| Tuesday | Bruschetta | Baked Maui Short Ribs with Mash Potatoes | or | Almond Crusted Sole with Tartar Sauce and Mash Potatoes | Broccoli / Yellow Beans | Key Lime Pie |
| Wednesday | Spring Roll Asian Slaw | Maple Orange Glazed Chicken Breast with Roast Red Potatoes | or | Shrimp Pad Thai with Steamed Rice | Butternut Squash / Cauliflower | Mango \& Coconut Panna Cotta |
| Thursday | Broccoli Salad | Shepherd's Pie | or | Pork \& Vegetable Dumplings \& Pork Sui Mai with Steamed Rice | Maple Glazed Carrot / Sauteed Spinach | Country Carrot Cake |
| Friday | Fennel \& Fresh Pear Salad | Asian BBQ Pork with Steamed Rice | or | Red Snapper Strawberry Salsa with Steamed Rice | Corn on the Cob / Baby Bok Choy | Peach Tart |
| Saturday | Chickpea Salad | Miso Soy Glazed Cod with Steamed Rice | or | Chicken Thigh Braised with Apples \& Cider and Steamed Rice | Roast Baby Carrots <br> / Sweet Peas | Lemon Streusel Cake |
| Sunday | Shrimp Cocktail | Prime Rib au Jus Yorkshire Pudding with Mash Potatoes | or | Pan Fried Lobster Cake Tartar Sauce with Mash Potatoes | Green Beans / <br> Red Peppers | Strawberry Shortcake |

