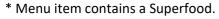


Weekly Menu Week 4

		Verve INSPIRED SENIOR LIV	/ING	Lunch			
Week 4	Sun Mar 26, 2023	Mon Mar 27, 2023	Tue Mar 28, 2023	Wed Mar 29, 2023	Thur Mar 30, 2023	Fri Mar 31, 2023	Sat Apr 1, 2023
Soup	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day
Entrée 1	Corn Beef Hash w/ Poached Egg	Taste of Cuba	Perogies	Fish Fingers	A Taste of Mexico	Beef Sausage Roll	Cheese Strudel w/ Egg Onion & Bacon
Side	Watermelon	Pasta Salad	Sausages	Coleslaw		Baked Beans	Garden Salad
Entrée 2	Turkey & Celery Sandwich	Avocado & Crab Salad	Tuna Salad Sandwich	Cheese Blintz w/ Strawberry Sauce	Jamaican Patties	Butter Chicken Tacos	Grilled Cheese w/ Tomato
Side	Apple & Raisin Slaw	Bistro Bun	Marinated Vegetable Salad	Tossed Salad	Tossed Salad	Onion Rings	Potato Wedges
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
Dinner							
Appetizer	Breaded Scallop w/ Seafood Sauce	Coleslaw	Chiffon Lettuce w/ Apple & Shrimp	Citrus Summer Salad	Greek Salad	Butter Lettuce Salad	Tossed Salad
Entrée 1	Roast Beef Baron w/ Yorkshire Pudding	Ginger Chicken	Pasta Night	Chicken Coq Au Vin	Grilled Duck Legs	Catch of the Day	Southern Style Fried Chicken
Side	Mashed Potatoes	Rice	Garlic Bread	Roasted Potatoes	Confit Potatoes	Mushroom Rice Pilaf	Boiled Potatoes
Entrée 2	A Taste of Barbados	Catch of the Day	A Taste of The Bahamas	A Taste of Turks & Caicos	BBQ Baby Back Ribs	English Bangers w/ Mashed Potatoes	Roast Pork Shoulders
Side	Polenta				Baked Potatoes	Mashed Potatoes	Boiled Potatoes
Vegetable	Asparagus	Romanesco	Baked Yam	Mexican Corn	Golden Beets	Herb Zucchini	Green Beans
Vegetable	Mix Vegetables	Butternut Squash	Cauliflower	Batton of Rutabaga	Peas a la Francaise	Carrot	Roasted Turnips
Dessert	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
* Menu item contains a Superfood.						Living Lovi	ng Local





Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea

Choose Superfoods more often for optimal health - Apples, Avocado, Beans, Lentils, Beets, Blackberries, Bran, Oats, Broccoli, Cauliflower, Cherries, Cranberry, Eggs, Fatty Fish-Salmon, Nuts, Peaches, Raspberries, Spinach, Strawberries, Squash, Tomato & Yogurt

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Sun Mar 26, 2023

Soup of the day

Soup of The Day Entrée 1

Corn Beef Hash w/ Poached Egg

<u>Side</u>

Watermelon

Entrée 2

Turkey & Celery Sandwich

<u>Side</u>

Apple & Raisin Slaw

<u>**Dessert**</u> Assorted Desserts

fruit juice, fresh brewed coffee, assorted teas full bar service available

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DINNER

Sun Mar 26, 2023

Appetizer

Breaded Scallop w/ Seafood Sauce Entrée 1

Roast Beef Baron w/ Yorkshire Pudding

Entrée 2

A Taste of Barbados

<u>Starch</u>

Mashed Potatoes

Vegetables

Asparagus

Mix Vegetables

Dessert

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas full bar service available

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LUNCH Mon Mar 27, 2023

Soup of the day

Soup of The Day <u>Entrée 1</u>

Taste of Cuba

<u>Side</u>

Pasta Salad

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Entrée 2

Pancakes Side

Bistro Bun

<u>**Dessert**</u> Assorted Desserts DINNER Mon Mar 27, 2023

**Appetizer** 

Coleslaw Entrée 1

Ginger Chicken

### Entrée 2

Catch of the Day

<u>Starch</u>

### <u>Vegetables</u>

Romanesco Butternut Squash <u>Dessert</u>

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas full bar service available

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# **LUNCH** Tue Mar 28, 2023

### Soup of the day

Soup of The Day

Entrée 1

Perogies

### <u>Side</u>

Sausages

Entrée 2 Tuna Salad Sandwich <u>Side</u> Marinated Vegetable Salad <u>Dessert</u> Assorted Desserts



### <u>Tue Mar 28, 2023</u>

#### **Appetizer**

Chiffon Lettuce w/ Apple & Shrimp

Entrée 1

Pasta Night

### Entrée 2

A Taste of The Bahamas

<u>Starch</u> Garlic Bread <u>Vegetables</u>

Baked Yam Cauliflower **Dessert** 

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas full bar service available

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fruit juice, fresh brewed coffee, assorted teas full bar service available

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# LUNCH Wed Mar 29, 2023

### Soup of the day

Soup of The Day

### Entrée 1

Fish Fingers

### Side

Coleslaw

### Entrée 2

Cheese Blintz w/ Strawberry Sauce

### Side

Tossed Salad

#### Dessert Assorted Desserts

DINNER

### Wed Mar 29, 2023

### **Appetizer**

Citrus Summer Salad

### Entrée 1

Chicken Coq Au Vin

### Entrée 2

A Taste of Turks & Caicos

### Starch

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### **Vegetables**

Mexican Corn

Batton of Rutabaga

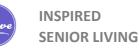
# Dessert

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas full bar service available

gluten sensitive heart-smart super foods







fruit juice, fresh brewed coffee, assorted teas full bar service available

*gluten* sensitive heart-smart super foods





### Thur Mar 30, 2023

### Soup of the Day

Soup of The Day

### Entrée 1

A Taste of Mexico

### <u>Side</u>

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### Entrée 2

Jamaican Patties

### <u>Side</u>

Tossed Salad

### Dessert

Assorted Desserts

fruit juice, fresh brewed coffee, assorted teas full bar service available

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### DINNER

### Thur Mar 30, 2023

### **Appetizer**

Greek Salad

### Entrée 1

Grilled Duck Legs

### Entrée 2

BBQ Baby Back Ribs

### <u>Starch</u>

Baked Potatoes

### **Vegetables**

Golden Beets Peas a la Francaise

### **Dessert**

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas full bar service available

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### <u>Fri Mar 31, 2023</u>

LUNCH

### Soup of the day

Soup of The Day <u>Entrée 1</u>

Beef Sausage Roll

### <u>Side</u>

Baked Beans

### Entrée 2

Butter Chicken Tacos **Side** 

Onion Rings

### **Dessert**

Assorted Desserts

## DINNER Fri Mar 31, 2023

### <u>Appetizer</u>

Butter Lettuce Salad <u>Entrée 1</u>

Catch of the Day

Entrée 2

English Bangers w/ Mashed Potatoes

### <u>Starch</u>

Mashed Potatoes

### **Vegetables**

Herb Zucchini

Carrot <u>Dessert</u> Chef's Choice

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fruit juice, fresh brewed coffee, assorted teas full bar service available

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<u>Sat Apr 1, 2023</u>

Soup of the Day

Soup of The Day

<u>Entrée 1</u> Cheese Strudel w/ Egg Onion & Bacon <u>Side</u>

Entrée 2

Grilled Cheese w/ Tomato <u>Side</u> Potato Wedges

**Dessert** 



**Appetizer** 

Tossed Salad

Entrée 1 Southern Style Fried Chicken Entrée 2 Roast Pork Shoulders ---<u>Starch</u> Boiled Potatoes <u>Vegetables</u> Green Beans

Roasted Turnips

#### Assorted Desserts



fruit juice, fresh brewed coffee, assorted teas full bar service available

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fruit juice, fresh brewed coffee, assorted teas full bar service available

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#### Build your own Caesar Salad

Shrimp, Calamari, Chicken Breast

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#### **Build your own Omelette**

Ham, Mushroom, Shrimp, Fresh Herbs, Cheese

#### **Fresh Fruit Plate**

With Cottage Cheese





**LUNCH** 

#### Build your own Caesar Salad

Shrimp, Calamari, Chicken Breast

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#### **Build your own Omelette**

Ham, Mushroom, Shrimp, Fresh Herbs, Cheese

#### Fresh Fruit Plate

With Cottage Cheese

