

Weekly Menu Week 2

		Verve INSPIRED SENIOR LIV	/ING	Lunch			
Week 2	Sun Apr 9, 2023	Mon Apr 10, 2023	Tue Apr 11, 2023	Wed Apr 12, 2023	Thur Apr 13, 2023	Fri Apr 14, 2023	Sat Apr 15, 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
Entrée 1		Philly Steak	Tuna Salad Sandwich	Roast Beef Sandwich	Chicken Burger	Egg Salad Sandwich	Peameal Bacon on Potato Bun
Side	Easter	Fries	Pasta Salad	Greek Salad	Onion Rings	Sliced Fruit	Potato Salad
Entrée 2	Sunday Brunch	Cobb Salad	Potato Pancakes	Avocado Toast	Spinach Salad	Beef Samosa	Mushroom Ravioli
Side		Bistro Bun	Ham	Tate Tots	Filo Crusted Shrimp	Tossed Salad	Tossed Salad
Dessert		Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
Dinner							
Appetizer	Jamaican Patty	Coleslaw	Korean Kimchi Dumpling	Bruschetta	Tossed Salad	Cottish Cheese & Pineapple	Bean Salad
Entrée 1	Roasted Porkloin	Citrus Glazed Yam	Pasta Night	Chef's Choice	Poached Chicken Breast w/ Lemon Grass	Catch Of The Day	Baked Meatloaf w/ Chausser Sauce
Side	Mash Potatoes	Scalloped Potatoes	Garlic Toast	Mashed Potatoes	Coconut Rice	Boiled Potato	Rice
Entrée 2	Chicken Kiev	Catch of The Day	Chicken Coq Au Vin	Catch of The Day	Roast Leg of Lamb	Veal Chasseur	Chicken Adobo
Side	Rice	Rice	Roasted Potatoes	Boiled Potatoes	Lyonnaise Potato	Mashed Potatoes	Rice
Vegetable	Corn	Romanesco	Mix Vegetables	Mexican Corn	Golden Beets	Herb Zucchini	Green Beans
Vegetable	California Mix	Butternut Squash	Baked Yams	Battons of Rutabaga	Peas a la Francaise	Mixed Peppers	Roasted Turnips
Dessert	Lemon Lavender Ice Cream	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice





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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Living Loving Local



Sun Apr 9, 2023

Soup of the day

Soup of the Day

Entrée 1

Brunch

<u>Side</u>

Brunch

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Entrée 2

Brunch

#### <u>Side</u>

Brunch

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

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









DINNER Sun Apr 9, 2023

#### **Appetizer**

Jamaican Patty Entrée 1

Roasted Porkloin

Entrée 2

Chicken Kiev

<u>Starch</u>

Rice

#### **Vegetables**

Corn

California Mix

<u>**Dessert**</u> Lemon Lavender Ice Cream

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

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# LUNCH Mon Apr 10, 2023

#### Soup of the day

Soup of The Day

#### Entrée 1

Philly Steak

#### <u>Side</u>

Fries

#### ~~~ Entrée 2

Cobb Salad <u>Side</u>

Bistro Bun

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

DINNER

#### Mon Apr 10, 2023

#### **Appetizer**

Coleslaw

Entrée 1

Citrus Glazed Yam

#### Entrée 2

Catch of The Day

<u>Starch</u> Scalloped Potatoes <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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#### Tue Apr 11, 2023

#### Soup of the day

Soup of The Day

#### Entrée 1

Tuna Salad Sandwich

#### <u>Side</u>

Pasta Salad

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Entrée 2

Potato Pancakes

<u>Side</u>

Ham

<u>Dessert</u>

Assorted Desserts

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DINNER



Tue Apr 11, 2023

Appetizer

Korean Kimchi Dumpling

Entrée 1

Pasta Night

Entrée 2

Chicken Coq Au Vin

<u>Starch</u>

Garlic Toast

<u>Vegetables</u>

Mix Vegetables Baked Yams **Dessert**

Chef's Choice

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Wed Apr 12, 2023

Soup of the day

Soup of The Day

Entrée 1

Roast Beef Sandwich

<u>Side</u>

Greek Salad

Entrée 2

Avocado Toast

<u>Side</u>

Tate Tots

Dessert

Assorted Desserts

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DINNER

Wed Apr 12, 2023

<u>Appetizer</u>

Bruschetta

Entrée 1

Chef's Choice

Entrée 2

Catch of The Day

<u>Starch</u>

Boiled Potatoes

Vegetables

Mexican Corn

Battons of Rutabaga

Dessert

Chef's Choice

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Thur Apr 13, 2023

Soup of the Day

Soup of The Day

Entrée 1

Chicken Burger

<u>Side</u>

Onion Rings

<u>Entrée 2</u>

Spinach Salad

<u>Side</u>

Filo Crusted Shrimp

Dessert

Assorted Desserts

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DINNER

Thur Apr 13, 2023

<u>Appetizer</u>

Chicken Matzo Soup

Entrée 1

Roasted Beef Brisket

Entrée 2

1/4 Roasted Chicken

<u>Starch</u>

Roasted Potato

Vegetables

Brussel Sprouts

Carrots

Dessert

Chocolate Flourless Torte

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Fri Apr 14, 2023

LUNCH

Soup of the day

Soup of The Day <u>Entrée 1</u>

Egg Salad Sandwich

<u>Side</u>

Sliced Fruit

Entrée 2

Beef Samosa <u>Side</u> Tossed Salad

Dessert

Assorted Desserts

DINNER Fri Apr 14, 2023

Appetizer

Cottish Cheese & Pineapple <u>Entrée 1</u>

Catch Of The Day

Entrée 2

Veal Chasseur

Starch

Mashed Potatoes

Vegetables

Herb Zucchini

Mixed Peppers **Dessert**

Chef's Choice

INSPIRED

SENIOR LIVING

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Sat Apr 15, 2023

Soup of the Day

Soup of The Day

<u>Entrée 1</u> Peameal Bacon on Potato Bun <u>Side</u>

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<u>Entrée 2</u> Mushroom Ravioli <u>Side</u> Tossed Salad

**Dessert** 



**Appetizer** 

Bean Salad

Entrée 1 Baked Meatloaf w/ Chausser Sauce Entrée 2 Chicken Adobo ~~~ Starch Rice Vegetables Green Beans Roasted Turnips

#### Assorted Desserts



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

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INSPIRED SENIOR LIVING



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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

