HEMSTOCK HEARTHSTONE PLACE — INSPIRED SENIOR LIVING WITH Verve

Weekly Menu Week 5

Week 5	Monday 24th	Tuesday 25th	Wednesday 26th	Thursday 27th	Friday 28th	Saturday 29th	Sunday 30th
Soup	French Onion Soup	* Tomato Dill Soup	* Red Lentil	Chicken Lemon Rice	Potato Leek	Beef & Noodle	* Navy Bean Soup
Entrée 1	Bacon & Mushroom Gnocchi	Chicken Bacon Avocado Tomato Salad	Lobster Dinner Roll	Chicken French Onion Casserole	Green Goddess Chicken with a Vegetable & Quinoa Salad	Fish & Chips W/ Coleslaw	Seafood Melt
side	* Purple Apple Slaw	_	Garden Salad	* Beet & Onion Salad	Dinner Roll		* Seven Bean Salad
Entrée 2	Hot Roast Beef Sandwich	Denver Omelette	Grilled Cheese Sandwich	Beef Cheddar Sandwich	Ham Asparagus Brie Quiche	Cottage Cheese & Melon & Banana Bread Plate	Poached Eggs on Beef Tomato & Avocado Hash
Side	* Purple Apple Slaw	Hashbrowns and Toast	Garden Salad	* Beet & Onion Salad	Homefried Potatoes	Caesar Salad	Homefried Potatoes
Dessert	Banana Cake	Assorted Desserts	Impossible Pie	Banana Pudding	Date Square	Assorted Desserts	Yogurt Parfait
	Dinner						
Appetizer	Pineapple Coleslaw	7-Layer Salad	Caesar Salad	Greek Salad	* Broccoli Cauliflower Salad	Ham & Brie Crostini	Tomato and Cucumber Salad
Entrée 1	Chicken Snow Pea & Pepper Stir Fry	Meatballs & Mushroom Gravy	Spaghetti with Sausage & Squash Garlic Bread	Sweet & Sour Meatballs	Chicken Alfredo	Portuguese Chicken Thighs	
Side	Steamed Rice	O'Brien Potatoes	Mini Roasted Red Potatoes	Steamed Rice	Garlic Bread	Baked Potato	
Entrée 2	Salisbury Steak Mushroom Gravy	Ginger Soy Glazed Cod	Chicken Thighs Adobo	Tomato & Herb Pork Chops	Maple Glazed Salmon	Slow Roasted Pork Loin with Apricots	Country Style Chicken
Side	Roasted Potatoes	O'Brien Potatoes	Mini Roasted Red Potatoes	Steamed Rice	Whipped Potatoes	Baked Potato	Mashed Potatoes
Vegetable	Yellow Waxed Beans	Buttered Corn	Braised Red Cabbage	Sauteed Bell Peppers	Baby Carrots	Minted Peas	* Seasoned Broccoli
Vegetable	* Seasoned Broccoli	Seasoned Peas	* Green Beans Almondine	* Parslied Cauliflower	Sauteed Bok Choy	Roasted Candied Carrots	* Seasoned Beets
Dessert	Raspberry Cheesecake	Key Lime Pie	Banana Cake	* Apple Pie	Banana Cream Pie	* Warm Peach Cobbler with Vanilla Cream	Strawberry Shortcake

* Menu item contains a

Choose Superfoods more often for optimal health

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