Verve INSPIRED SENIOR LIVING

Lunch

EVERGREEN RETIREMENT COMMUNITY

Week 1	Monday Nov 28	Tuesday Nov 29	Wednesday Nov 30	Thursday Dec 1	Friday Dec 2	Saturday Dec 3	Sunday Dec 4
Soup	French Canadian Pea Soup	Chicken Noodle	Butternut Squash Soup	Cream of Mushroom	Beef Barley	Clam Chowder	* Veggie Florentine
Entrée 1	Mushroom Frittata	Hawaiian Pizza	Quiche Lorraine	Turkey Kale Orzo Salad	Fish & Chips Coleslaw Tartar Sauce	Scrambled Egg with Bacon	Mediterrean Pasta Salad with Feta & Roasted Shrimp
side	Potato salad	Caesar Salad	Tossed Salad	Dinner Roll	French Fries	Fresh Fruit Cup	Ciabatta Bun
Entrée 2	Peameal Bacon on Brioche with Lettuce, Tomato, Pepper & Maple Aioli	Tempura Shrimp on Warm Quinoa Salad	Philly Cheese Steak Sub	Bacon Macaroni & Cheese Garlic Bread	Chicken Salad Sandwich on Whole Wheat	French Toast with Breakfast Sausage	Black Forest Ham & Swiss Cheese Sandwich on Multigrain
Side	Potato salad	Garlic Bread	Tossed Salad	Garden Salad	Carrot Pineapple Raisin Salad	Fresh Fruit Cup	Mixed Green Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
			DINNER				
Appetizer	*Tomato Salad with Portabello Mushroom	* Broccoli Salad	Egg Roll with Plum Sauce	* Chickpea Salad	House Salad	Brie Pear and Honey Crostini	Artichoke Salad
Entrée 1	Beef Stir Fry	English Bangers with Onion Gravy	Pork Tenderloin Mushroom Marsala Sauce	Herb Roast Veal au Jus	Penne Pasta with Turkey Sausage and Kale	Tuscan Roast Pork Loin	Lamb Curry
Side	Steamed Rice	Whipped Potatoes	Scalloped Potatoes	Rice Pilaf	Garlic Bread	Parisienne Potatoes	Garlic Mashed Potatoes
Entrée 2	Pesto Crusted Basa Filet Topped with Bruschetta Tomatoes	Grilled Chicken Tortellini Alfredo	Catch of the Day with Lemon Butter Sauce	Chicken Thighs Adobo	Seafood Newburg on a Patty Shell	Salisbury Steak Mushroom Gravy	Rainbow Trout Filet with Brown Butter Caper Sauce
Side	Steamed Rice	Garlic Bread and Garden Salad	Scalloped Potatoes	Rice Pilaf	Mini Roasted Red Potatoes	Parisienne Potatoes	Roasted Garlic Mashed Potatoes
Vegetable	Stir Fry Vegetables	Buttered Corn	Brussels Sprouts	* Seasoned Beets	Sugar Snap Peas	Zucchini	Roasted Carrots
Vegetable	0	Seasoned Peas	Yellow Waxed Beans	* Seasoned Broccoli	Baby Carrots	* Stuffed Tomato	Sauteed Red & Yellow Peppers
Dessert	Fruit Cobbler	Assorted Desserts	Macaroon Madness Bar	Warm Banana Bread Pudding	Carrot Cake	* Pumpkin Pie	Lemon Struesel

* Menu item contains a Superfood.

Superfoods

Choose Superfoods more often for optimal health

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