Verve INSPIRED SENIOR LIVING

EVERGREEN RETIREMENT COMMUNITY

Lunch

Week 5	Monday May 13	Tuesday May 14	Wednesday May 15	Thursday May 16	Friday May 17	Saturday May 18	Sunday May 19
Soup	Chicken & Rice	Cream of Broccoli	Italian Wedding	Seafood Chowder	German Barley Soup with Sausage	Tortellini Soup	*Minestrone Soup
Entrée 1	Spaghetti with Meatballs	Turkey Burger with Cranberry Aioli	Spinach and Feta Quiche	Grilled Avocado Bacon and Swiss on Sourdough	Grilled Chicken Summer Salad with Mixed Berries, Almonds & Green Goddess Dressing	Cheese Omelette with Bacon & Toast	Tuna Melt on English Muffins
side	Garlic Toast & Tossed Salad	Sweet Potato Fries	Garden Salad	Beet Salad	Dinner Roll	Fresh Seasonal Fruit	Seven Bean Salad
Entrée 2	Pepperoni Pizza	Ham & Swiss Crepe with Creamy Dijon Sauce	Turkey Waldorf Salad	Ploughman's Lunch (Cured Meat & Cheese Selection with Pickled Vegetables & Fresh Grapes)	Classic Reuben on Rye with side Pickle Wedge, and Coleslaw	Buttermilk Blueberry Pancakes with Breakfast Sausage	Chicken Salad on Croissant
Side	Tossed Salad	Sweet Potato Fries	Fresh Baked Scone	Ciabatta Bun	French Fries	Fresh Seasonal Fruit	Seven Bean Salad
Dessert	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection
DINNER							
Appetizer	Battered & Fried Zucchini Sticks with Lemon Aioli Dip	* Spinach Dip with Pita	Garlic Cheesy Bread	Watermelon and Feta Salad with Balsamic Glaze	* Broccoli Cauliflower Salad	Mozzarella Stick with Marinara	Cucumber Carrot and Red Onion Salad
Entrée 1	Chicken Souvlaki with Tzatziki Sauce	Carved Flank Steak with Chimichurri Sauce	Baby Back Ribs with Rickard's Red Apple Butter BBQ Sauce	Slow Cooked Tender Veal Shoulder with Blueberry & Balsamic Reduction	Fish n' Chips Tartar Sauce	Garlic Rosemary Chicken Breast	Roast Beef au Jus with Yorkshire Pudding
Side	Greek Potato	Rice Pilaf	Mini Roasted Red Potatoes	Whipped Potatoes	Creamy Coleslaw	Baked Potato	Mashed Potatoes
Entrée 2	Brathwurst Sausage with Braised Sauerkrat	Pan Seared Salmon Fillet with Lemon Pepper & Chive Hollandaise	Roasted Chicken Leg with Rotisserie Sauce	English Bangers Onion Gravy	Spinach & Cheese Manicotti	Slow Roasted Pork Loin with Apricots	Cajun Blackened Whitefish with Creole Tomato Sauce
Side	Greek Potato	Rice Pialf	Mini Roasted Red Potatoes	Whipped Potatoes	Chef's Salad & Garlic Bread	Baked Potato	Mashed Potatoes
Vegetable	Stir Fry Vegetables	Buttered Corn	Braised Red Cabbage	Broccoli	.	*Greeb Beans Almondine	Cauliflower
Vegetable		Seasoned Peas	Corn on the Cobb	Yellow Zucchini	.	Roasted Candied Carrots	*Beets
Dessert	Assorted Cake & Squares	Lemon Meringue Pie	English Trifle	Nanaimo Bars	Chocolate Fudge Cake	Tangerine Mousse	Lemon Tart

* Menu item contains a Superfood.

Superfoods

Choose Superfoods more often for optimal health

Living Loving Local - Rhubarb

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