Verve INSPIRED SENIOR LIVING

Lunch

EVERGREEN RETIREMENT COMMUNITY

Week 1	Monday August 19	Tuesday August 20	Wednesday August 21	Thursday August 22	Friday August 23	Saturday August 24	Sunday August 25
Soup	Creamy Macaroni Chicken	French Lentil	Cream of Mushroom	Corn Chowder	Tortellini Soup	Beef Vegetable	Sweet Potato Soup
Entrée 1	Juiliene Salad Plate	Mushroom & Brie Quiche	Lemon Chicken Wrap	Turkey Quinoa Black Bean Bowl with Lime Cilantro Yogurt	Fish n' Chips with Lemon Wedge & Tartar Sauce	Belgian Waffle with Blueberry Compote & Bacon	Salami Deli Sandwich on Artisan Soft Bun
side	Dinner roll	Tomato & Cucumber Salad	Curly Fries	Ciabtta Bun	Creamy Coleslaw	Fresh Seasonal Fruit	Seven Bean Salad
Entrée 2	Wieners and Baked Beans with Cheedar Cheese	Tuna Salad on Multigrain	Grilled Rueben Sandwich on Marble Rye	Crab Mac & Cheese	Executive Salad Plate with Roast Beef & Shrimp	Poached Egg on Corned Beef Hash with Chive & Truffle Hollandaise Sauce	Ham and Pea Penne Pasta
Side	Dinner Roll & Tossed Salad	Tomato & Cucumber Salad	Curly Fries	Garlic Toast & Caesar Salad	Dinner Roll	Fresh Seasonal Fruit	Galic Toast
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	Loaded Baked Potato (National Potato Day)	Heirloom Tomato & Portabello Salad	Vegetable Dimsum with Garlic Soy Sauce	Citrus Pasta Salad	Deviled Eggs	Mediterranean Quinoa Salad with Chickpea	Waldorf Salad
Entrée 1	Beef Stif Fry	Catch of the Day with Lemon Butter Sauce	Llinguine with Clams	Pork Souvlaki with Tzatziki Sauce	Beef Bavette Steak with Demi Balsamic Glaze	Mild Jerk Spice Pork Tenderloin with Jerk Gravy & Coleslaw	Traditional Roast Turkey Breast with Dressing, Gravy and Cranberry Sauce
Side	Steamed Rice	Roasted Potato	Garlic Toast & Tossed Salad	Rice Pilaf	Garlic Mashed Potato	Wild Rice	Chive Mashed Potatoes
Entrée 2	Sweet & Sour Pork with Peppers, Pineapple & Onions	BBQ Chicken Breast	Beef Meatloaf with Brown Gravy	Curried Lamb Stew	Chicken Pot Pie with Biscuit Crust	*Ginger Glazed Salmon Filet with Roasted Pineapple Salsa	Cabbage Rolls in Marinara Sauce
Side	Steamed Rice	Roasted Potato	Mashed Potato	Rice Pilaf		Roasted Mini Potatoes	Chive Mashed Potatoes
Vegetable	Vegetable Medley	Sweet Corn	Sugar Snap Peas	*Cauliflower	Baked Acorn Squash	Zucchini	Mashed Turnips
Vegetable		* Broccoli	Candied Diced Carrots	Roasted Mixed Peppers	French Green Beans	Buttered Corn	Green Peas
Dessert	Wild Berry Macaroons	Homemade Rice Pudding	Mini Chocolate Eclairs	Coconut Cream Pie	New York Cheesecake with Blueberry Compote	Raisin Tart	Assorted Cakes

* Menu item contains a Superfood.

Superfoods

Choose Superfoods more often for optimal health

Living Loving Local - Blueberry

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