Verve INSPIRED SENIOR LIVING

Lunch

EVERGREEN RETIREMENT COMMUNITY

Week 1	Monday March 17	Tuesday March 18	Wednesday March 19	Thursday March 20	Friday March 21	Saturday March 22	Sunday March 23
Soup	Potato & Cheddar Soup	Split Pea and Ham	Beef Vegetable	Creamy Chicken Macaroni	Moroccan Vegetable & Lentil	Carmelized Onion & Ale Soup with Herb Croutons	Yellow Split Pea Soup with Fried Onions & Cilantro
Entrée 1	Fresh Fruit Plate with Cottage Cheese	BBQ Chicken Ranch Salad with Corn Black Beans & Tortilla Strips	Salami Deli Sandwich with Pesto Aioli, Roasted Red Pepper, Tomato & Cucumber	Roast Beef Sandwich with Horseradish Aioli on Whole Wheat Bread	Grilled Pomegranate & Balsamic Marinated Chicken Wrap	Quiche Lorraine	Egyptian Panini Sandwich - Fried Eggplant, Tahini, Lettuce, Tomato Cucumber, Pickled Turnip
side	Dinner Roll	Garlic Toast	Mixed Green Salad	Caesar Salad	Tossed Salad	Garden Salad	Mediterannean Tomato & Cucumber Salad
Entrée 2	Peameal Bacon on Brioche with Lettuce, Tomato, Pepper & Maple Aioli	Philly Cheese Steak with Peppers & Onions	Wieners with Baked Beans	Crab Mac & Cheese	Moroccan Falafel Cobb Salad	Pan Bagnat - Tuna Sandwich on French Bread with Olives, Capers, Tomato, Basil & Harb-boiled Egg	Shalshuka - Tomato Stewed Onion and Fava Beans, with Soft Poached Egg
Side	Garden Salad	French Fries	Mixed Green Salad	Toast & Caesar Salad	Grilled Pita	Garden Salad	Pita and 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	Pretzel with Beer Cheese Sauce	Mixed Greens with Goat Cheese & Strawberry	Cauliflower Bites with Curry Aioli	Tomato & Saffron Steamed Mussels	Marinated Chickpea Salad	Escargot with Herb Garlic Butter & Toasted Garlic	Falafel with Hummus and Pickled Turnip
Entrée 1	Guinnness Irish Pork & Sausage Stew	Curried Lamb Stew	Brown Sugar, Orange & 5-spice Glazed Ham	Slow Roasted Beef Striploin with Lobster Bearnaise Sauce	Moroccan Lamb Stew with Raisin, Apricots, Fresh Herbs	Beef Bourguignon	Lamb Kofta with Tahini Dip
Side	Mashed Potato	Rice Pilaf	Scalloped Potato	Roasted Tri-coloured Mini Potato	Steamed Rice	Chive Biscuit	Basmati Rice
Entrée 2	Braised Corned Beef	Chicken Thigh Adobo	Pan Seared Tilapia Filet with Sundried Tomato Olive Sauce	Lemon & Herb Chicken Supreme with White Wine Cream Sauce	Roasted Turkey Breast with Coriander Chutney	White Wine & Lemon Poached Sole Filet	Roasted Tilapia filet with Onion, Pepper, Tomato & Raisin Chutney
Side	Mashed Potato	Rice Pilaf	Scalloped Potato	Roasted Tri-coloured Mini Potato	Steamed Rice	Tomato Rice Pilaf	Basmati Rice
Vegetable	Sauteed Green Cabbage with Bacon	Vegetable Medley	French Green Beans	Broccolini	Green Peas	Green Bean Almondine	Eggplant, Zucchini, Carrot & Pepper Medley
Vegetable	Baby Carrots		Baby Carrots	Carrots	Roasted Eggplant	Roasted Carrots	
Dessert	Mint Chocolate Chip Cookie Ice Cream	Fruit Cobbler	Lemon Meringue Pie	Red Wine Poached Pear with Cheesecake Parfait	Citrus Cake with Mint Rasberry Coulis	Chocolat pot de Creme	Ashtota - Vanilla Sponge Cake with Caramel & Pistachio

* Menu item contains a Superfood.

Superfoods

Choose Superfoods more often for optimal health

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