January 13th - 19th

Verve INSPIRED SENIOR LIVING

Lunch 11:30 A.M. - 1:15 P.M.

WINTERGREENE

Reception: 306-585-7100

Week 2	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
Soup	* Butternut Squash	Lemon Rice	Borscht with Sour Cream	Sweet Potato and Ginger	Chicken Velvet	Parsnip & Pear	Pizza
Entrée 1	Fried Calamari & Tzatziki	Grilled Bratwurst on a Bun with Saurkraut	* Egg Salad Sandwich	Hero Submarine Sandwich with Ham, Turkey, Cheddar, Shredded Lettuce, Red Onion & Sub Sauce	Deluxe Bacon Cheese Burger with Lettuce, Tomato & Fried Onions	Hot Crab Croissant	Cottage Cheese & Melon & Banana Bread Plate
Side	Greek Salad with Pita Bread	Potato Salad	Veggie Sticks	Homemade Pickles	Sweet Potato Fries	Coleslaw	_
Entrée 2	* Grilled Roast Beef Cranberry & Brie Sandwich	Open Face Chicken Parmesan Sandwich	Ginger Beef Salad Plate with Lettuce, Carrot, Peppers, Red Cabbage & Crispy Chow Mein Noodles & Miso Vinaigrette	Scrambled Egg With Smoked Salmon & Cream Cheese	Crispy Lemon Pepper Chicken Wings	Sausage & Cheddar Roll	Mushroom & Cheese Omelet
Side	French Fries	Caesar Salad	_	Hashbrowns and Toast	House Salad	Tossed Salad	Hashbrowns and Toast
Dessert	Tripleberry Bar	Fresh Fruit & Yogurt Smoothies	Churros & Ice Cream	Banana Cake	Assorted Pies	Maple Walnut Ice Cream	Ice Cream Drumsticks
Dinner 4:30 P.M. - 6:15 P.M.							
Appetizer	* Spinach Dip with Pita	Carrot Pineapple Raisin Salad	Vinaigrette Apple Coleslaw	Brie Cheese Toast with Carrot Dill Butter	Salsa with Taco Chips	Mixed Green Salad	Tomato and Cucumber Salad
Entrée 1	Pan Seared Pickerel Filet with Brown Butter Caper Sauce	Creamy Turkey, Broccoli & Rice Casserole	Butternut Squash Ravioli with Brown Butter, Sage, Pine Nuts, & Garlic Lemon Shrimp	Lebanese Roasted Chicken Thigh with Lemon Herb Sauce	Haddock with Pimento Hollandaise Sauce	Apple, Cranberry & Brie Stuffed Chicken with Mushroom Sauce	Chicken Fettucini Alfredo
Side	Loaded Baked Potato with Bacon, Onion & Sour Cream	_	_	Mini Roasted Red Potatoes	Basmati Rice	Whipped Potatoes	Tossed Salad
Entrée 2	Breaded Pork Cutlets with Gravy	Liver & Onions with Bacon & Gravy	Pork Adobo	Beef Stroganoff on Egg Noodles	BBQ Baby Back Ribs	French Onion Meatloaf & Gravy	Fish & Chips Coleslaw Tartar Sauce
Side	Loaded Baked Potato with Bacon. Onion & Sour Cream	Roasted Potatoes	Rice Pilaf	_	Basmati Rice	Whipped Potatoes	_
Vegetable	Peas & Carrots	Brussels Sprouts	* Stuffed Tomato	Roasted Vegetable Medley		* Roasted Beets	Vegetable Medley
Vegetable	_	Buttered Parsnips	Seasoned Peas	_	Stirfried Garlic Green Beans	Carrot Coins	Tossed Salad
Dessert	Nanaimo Bar	Assorted Desserts	Coconut Mousse with Raspberry Drizzle	German Chocolate Cake	Butterscotch Pudding with a Wafer Cookie	Cheesecake with Saskatoon Sauce	Peaches & Cream Short Cake

* Menu item contains a Superfood.

Superfoods

Choose Superfoods more often for optimal health

Living Loving Local - Carrot

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