Weekly Menu Week 5

October 26th-November 1st

Verve INSPIRED SENIOR LIVING

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

Wintergreene

Reception: 306-585-7100

Week 5	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31	Sunday 1
Soup	Creamy Pumpkin with Italian Ham	Almondigas Soup (Meatball, Noodle Soup)	Borscht with Sour Cream	Turkey Quinoa	* Cream of Tomato	* Navy Bean	Cream of Mushroom
Entrée 1	* Chef Salad Ham Turkey Tomato Egg Cheese	Chicken Salad Sandwich	Black Forest Ham, Lettuce, Pesto Aoli & Swiss Cheese Sandwich	* Sante Fe Chicken Salad Bowl Bean Corn Avocado Tomato	* Egg Salad on Croissant	Toasted Canadian Club Sandwich with Turkey, Bacon, Lettuce, Tomato & Mayo	Creamy Coconut Porridge with Tropical Fruit
Side	Pumpkin Spice Muffins	Sweet Pickles	Watermelon Wedges	Taco Chips	Celery Sticks with Cheeze Whiz	Bread & Butter Pickles	Raisin Toast
Entrée 2	Elk Dip Sandwich with Swiss & Ay Jus	Crispy Shrimp & Asian Salad Lettuce Wraps	Potato & Smoked Gouda Fritatta with Sausage	Crispy Fish Burger with Lettuce, Tomato & Tartar Sauce	Cheese Ravioli with Tomato Sauce	Baked Beans & Wieners	* Western Omelet
Side	French Fries	Spinach Salad with Sweet Onion Vinaigrette	Homefried Potatoes & Fresh Fruit	Homemade Potato Chips	Caesar Salad	Garlic Bread	Hashbrowns and Toast
Dessert	Nanaimo Bar	Fresh Fruit & Yogurt Smoothies	Strawberry Ice Cream	Fruit Salad	Chocolate Brownies	Assorted Desserts	Butterscotch Pudding with a Wafer Cookie

NATIONAL PUMPKIN DAY

Dinner 4:30 P.M. - 6:15 P.M.

Appetizer	Greens with Beets, Apple, Goat Cheese & Candied Nuts	Spring Roll with Plum Sauce	Greens with Carrot, Tomato, Cranberries & Honey Vinaigrette	Creamy Coleslaw	Pumpkin Hummus with Warm Pita Bread	B.L.T. Salad with Blue Cheese Dressing	Grapes, Cheese & Crackers
Entrée 1	Greek Style Baby Back Ribs	Sweet & Sour Chicken Balls	Maple & Hickory Roast Turkey Breast with Apple-Pecan Stuffing & Gravy	Grilled Pork Chop with Rosemary Maple Butter	Chimmi Churri Chicken Thigh	Spaghetti & Meat Sauce	Oven Roasted Chicken Breast with Pesto Cream Sauce
Side	Mini Roasted Red Potatoes	Basmatti Rice	Mashed Potatoes	Roasted Sweet Potatoes	Roasted Potatoes	Garlic Bread	Whipped Potatoes
Entrée 2	* Ginger Glazed Salmon Filet with Roasted Pineapple Salsa	Chinese Beef & Broccoli	Breaded Sole with Lemon, Caper Butter Sauce	French Onion Beef Brisket	Roast Lamb Leg Au Jus with Fresh Mint Sauce	Summer Herb Crusted Hake with Tartar & Lemon	BBQ Glazed Meatloaf with Gravy
Side	Mini Roasted Red Potatoes	Basmatti Rice	Mashed Potatoes	Roasted Sweet Potatoes	Roasted Potatoes	Loaded Baked Potato with Bacon, Onion & Sour Cream	Whipped Potatoes
Vegetable	Carrot Coins	Stir Fry Vegetables	* Green Beans Almondine	Buttered Corn	Honey Dill Carrots	Vegetable Medley	Seasoned Peas
Vegetable	Seasoned Peas	–	Parsnip Puree	Roasted Beets	Roasted Brussels Sprouts with Bacon		Buttered Parsnips
Dessert	Chocolate Cake	Tapioca Pudding with Cinnamon	Carrot Cake	Lemon Meringue Pie	Chocolate Mousse with Fresh Berries	Heavenly Hash Ice Cream	Tiramisu

* Menu item contains a Superfood.

Superfoods

Choose Superfoods more often for optimal health

Living Loving Local - Pear

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