Weekly Menu Week 1

November 9th-15th

Verve INSPIRED SENIOR LIVING

REMEMBRANCE DAY *Lest We Forget*

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

WINTERGREENE

Reception: 306-585-7100

Week 1	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
Soup	Chicken Ginger Rice	Baked Potato	Split Pea with Ham	Beef & Noodle	Clam Chowder	Minestrone with Pasta	* Cream of Cauliflower
Entrée 1	Grilled Chicken Breast on Greek Salad	Salami Deli Sandwich	Black Forest Ham Sandwich Lettuce, Tomato & Dijon	* Egg Salad Sandwich	Hot Hamburger Sandwich with Gravy, Fried Onions & Hot Veggies	Smoked Turkey, Honey Mustard & Cheddar Croissant	Granola & Yogurt Parfait with Fruit Salad
Side	Pita	Brocoli, Bacon, Cheddar Pasta Salad	Sweet Pickles	Pineapple Coleslaw	_	Fresh Seasonal Fruit	Toasted Blueberry Bagel with Cream Cheese
Entrée 2	Reuben Sandwich on Rye	Crispy Lemon Pepper Chicken Wings	Tuna Noodle Casserole	Perogies with Bacon Fried Onion Sour Cream	Green Goddess Chicken with a Vegetable & Quinoa Salad	Strawberries & Cream Waffles with Sausage	Toasted Denver Sandwich with Cheese
Side	French Fries	Garden Salad	Buttered Sourdough Bread	_	Morning Glory Muffin	_	Homefried Potatoes
Dessert	Assorted Ice Creams	Lemon Macaroon Bars	Oreo Pudding	Strawberry Colada Smoothie	Whipped Lime Jello with Toasted Coconut	Black Cherry Ice Cream	* Apple Strudel
Dinner 4:30 P.M. - 6:15 P.M.							
Appetizer	Tossed Salad	Cucumber Carrot and Red Onion Salad	* Smoked Salmon Mousse	Crispy Chicken Wontons with Plum Sauce	Waldorf Salad	* Spring Greens with Strawberries and Goat Cheese	**Remebrance Dinner** * Shrimp & Avocado Salad
Entrée 1	Hearty Beef & Bean Chili	Lightly Breaded Haddock with Southern Style Tartar Sauce	Roast Veal with Red Wine Gravy	Singapore Grilled Chicken Thighs	Steelhead Trout with Maple Soy Butter	Roast Pork with Gravy	Duck Breast A L'Orange
Side	Garlic Bread	Mashed Potatoes	Honey Butter Roasted Sweet Potatoes	Fried Rice	Loaded Baked Potato	Whipped Potatoes	Roasted Potatoes
Entrée 2	Pineapple Teriyaki Roast Chicken Legs	Braised Bratwurst with Sauerkraut	Jerk Chicken Breast with Mango Sauce	Ginger Beef with Peppers & Onions	Beef Stew with Dumplings	Crunchy Perch with Tartar & Lemon	Slow Roast Beef Striploin with Gravy & Yorkshire Puddings
Side	Steamed Rice	Mashed Potatoes	Honey Butter Roasted Sweet Potatoes	Fried Rice	_	Whipped Potatoes	Roasted Potatoes
Vegetable	Stir Fry Vegetables	Honey Dill Carrots	Asparagus	Sweet Corn	* Yellow Beets	Buttered Parsnips	Herb Roast Vegetables
Vegetable	_	Green Beans	* Broccolinni	Sauteed Green Cabbage & Mushrooms	Seasoned Peas	* Broccoli	_
Dessert	Chocolate Cake	Peaches & Cream Short Cake	Caramel Coffee Bars	* Cherry Cheesecake	* Pumpkin Pie	Cream Puffs with Chocolate & Caramel Drizzle	Sticky Toffee Pudding Cake

*** Menu item contains a Superfood.**

Superfoods

Choose Superfoods more often for optimal health

Living Loving Local: Honey

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