MENU'S SUBJECT TO CHANGE DUE TO SHORTAGES AND AVAILIBILITY

Fall/ Winter Weekly Menu Week 3

Dec 25th- Dec 31st

Reception Phone Number 780-808-2161

Verve INSPIRED SENIOR LIVING

HEMSTOCK HEARTHSTONE PLACE

INSPIRED SENIOR LIVING WITH Verve

Lunch

Week 3	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 31st
Soup	Turkey & Wild Rice	Beef & Barley	Honey Pumpkin Soup	* Cream of Cauliflower	Corn Chowder	Chicken Lemon Rice	Cream of Mushroom
Entrée 1	Wifesaver Casserole	Chicken Wings	Soft Beef Taco W/ lettuce Tomato & Cheese	Turkey Orzo Salad	Crispy Chicken BLT Wrap	Ham & Cheese Sandwich	Turkey Burger W/ Lettuce & Tomato
side	Fresh Fruits	Macaroni & Potato Salad	Tater Tots	Pita	Tomato and Cucumber Salad	Fresh Fruit	Garden Salad
Entrée 2		Deli Cold Plate	Bacon Mac & Cheese W/ Garlic Toast	Assorted Pizza	Chili & Corn Bread	Chicken Quesadilla	Poached Eggs on Tomato Avocado Hash
Side		Macaroni & Potato Salad	Cucumber & tomato slices	Orzo Salad	Tomato and Cucumber Salad	Fresh Fruit	Marble Rye
Dessert	Candycane Mousse Cake	Assorted Desserts	Banana Bread	Rocky Road Pudding	Date Square	Assorted Desserts	Tapioca Pudding
			DINNER				
Appetizer	Spring Greens Strawberry Goat Cheese Salad	Broccolli Salad	Beet & Onion Salad	* Corn and Black Bean Salad	House Salad	Jell-o Salad	Asian Noodle Salad & Eggroll
Entrée 1	Festive Roast Turkey w/ Cranberry apple stuffing	Pork Cutlet W/ Gravy	Beef Stew & Dumpling	Fish Supreme	BBQ chicken Drumsticks	Teriyaki roasted Porkchop	Chinese Food Platter
Side		Fries Peas & Carrots		Mini Roasted Red Potatoes	Baked Potato & Sour Cream	Potato Wedges	
Entrée 2		Ginger Chicken	Honey Lemon Roasted Salmon	Pineapple Curry Meatballs Meatballs	Potato Crusted Cod W/ Tartar	Meat Loaf	
Side	Whipped Potato	Fries Peas & Carrots	Mashed Potato	Mini Roasted Red Potatoes	Baked Potato & Sour Cream	Garlic Bread	Stir-fried Noodles
Vegetable	Turnips, Carrots & Parsnip		Dill Carrot & Turnip	Roasted Carrots	Buttered Corn	Bok Choy	Stir-fried Veggies
Vegetable				Seasoned Peas	Zucchini	* Stuffed Tomato	French Green Beans
Dessert	Sticky Toffee Pudding Cake	Rice Pudding	Honey Coconut Macaroon	Fruit Cocktail Cake	Apple Pie	Chocolate Cake	Tiramisu Cake

* Menu item contains a Superfood.

LLL ***Honey***

Superfoods

Choose Superfoods more often for optimal health

Breakfast - from 7-9am. Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea