Verve INSPIRED SENIOR LIVING

EVERGREEN RETIREMENT COMMUNITY

Lunch

Week 6	Monday Mar 10	Tuesday Mar 11	Wednesday Mar 12	Thursday Mar 13	Friday Mar 14	Saturday Mar 15	Sunday Mar 16
Soup	Corn Chowder	Tomato Bisque	Asian Beef Noodle	Cream of Asparagus	Chicken Noodle	Roasted Red Pepper	Split Pea and Ham
Entrée 1	BLT Sandwich on Whole Wheat Bread	Tuna Nicoise Salad Kalamata Olives, Potato, Egg, Green Beans	BBQ Beef Burger with Sauteed Onions & Mushrooms	Grilled Rueben Sandwich with Swiss Cheese & Sauerkraut	Chicken BBQ Drumstick with Coleslaw and Corn on the Cobb	Scrambled Egg with Bacon & Toast	Black Forest Ham Sandwich with lettuce, tomato & Dijon Mayonnaise
side	Potato Chips	Dinner Roll	Sweet Potato Fries	Mixed Green Salad	French Fries	Fresh Fuit Cup	* Sweet & Sour Bean Salad
Entrée 2	Turkey Cobb Salad with Bacon, Avocado Tomato Blue Cheese	Shrimp Po Boy with Remoulade Sauce, Lettuce & Tomato	*Spinach & Mushroom Quiche	Pizza Deluxe	Calamari Steak with Sauteed Onion, Peppers & Artichoke	French Toast with Turkey Sausage	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce
Side	Dinner Rolls	Potato Salad	Scalloped Tomato	Mixed Green Salad	Garden Salad	Fresh Fruit	* Sweet & Sour Bean Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
DINNER							
Appetizer	Watermelon Feta Salad	* Guacamole with Taco Chips	Vegetable Dim Sum with Roasted Garlic Soy Sauce	Sausage roll	Roasted Pear and Arugula Salad	*Broccoli Slaw with Cranberries	* Bruschetta
Entrée 1	Chicken Cordon Bleu	Italian Pasta Primavera	Steamed Cod with Soy Ginger Scallion	Roasted Pork Loin with Hunter Sauce	Penne Pasta with Italian Sausage & Pork Ribs	Shrimp and Mushroom Risotto	Chicken Marbella with Olives, Apricot, Prunes & Capers
Side	Roasted Mini Potato	Garlic Toast	Steamed Rice	Greek Lemon Oregano Potato	Garlic Toast		Garlic Mashed Potato
Entrée 2	Baked Tilapia with Tomato Caper Sauce	Veal Marsala with Mushroom Gravy	Stir Fry Chciken	Middle Eastern Shawarma Style Braised Lamb Leg with Tzatziki Sauce	Honey Pecan Glazed Salmon	Pork & Black Beans Cumin Stew	Potato & Chive Crusted Cod Remoulade Sauce
Side	Roasted Mini Potato	Mashed Potato	Steamed Rice	Greek Lemon Oregano Potato	Mashed Potato	Rice Pilaf	Garlic Mashed Potato
Vegetable	Vegetable Medley	Cauliflower	Carrot Coins	Roasted Mixed Peppers	Yellow Waxed Beans	Sauteed Spinach	Roasted Brussel Sprouts
Vegetable		Seasoned Green Beans	Sauteed Bok Choy	*Seasoned Broccoli	Green Peas	Beets	Baked Acorn Squash
Dessert	Assorted Cakes and Squares	Banana Cake	Mango Mousse Cake	Molten Lava Cake	Assorted Pie	Sliced of Pound Cake with Strawberry Compote	Tangerine Mousse

* Menu item contains a Superfood.

Superfoods

Choose Superfoods more often for optimal health

National Pie Day

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