



tray service menu

Week of March 16th

All options are served with: *Choice of Artisan Bread or Fresh Fruit, *Choice of Soup, *Choice of Weekly Salad or Starter Salad, and Featured Dessert.

Artisan Bread

Monday: Assorted Rolls

Tuesday: Irish Soda Bread

Wednesday: Cranberry Walnut Bread

Thursday: Sunflower Bread

Friday: Assorted Rolls

Soup

(Choice of One)

Weekly: Tukey & Shells

Monday: Rubeen

Tuesday: Potato Leek

Wednesday: Beef Homestyle Noodle

Thursday: Vegetable **R**

Friday: Five Onion

Starters

Waldorf Salad **GF**

Weekly Mixed Greens Salad ♥
(w/o Chicken)

Fresh Cut Fruit ♥

Daily Entrée Selections

3/16 (Mon.)

Option 1: White Wine Dill Ruby Red Trout **GF** with a Baked Potato ♥ and Steamed Green Beans ♥

Option 2: Chicken Piccata w/White Wine & Capers with Buttered Noodles and Sautéed Mushrooms & Onions ♥

Option 3: Entree Salad with Grilled Chicken ♥

Featured Dessert: Peanut Butter Brownies

3/17 (Tues.)

Option 1: Corned Beef & Cabbage **GF** with Boiled Red Potatoes ♥ and Braised Cabbage ♥

Option 2: Bangers & Mash with Mashed Potatoes & Rutabaga ♥ and Carrots ♥

Option 3: Entree Salad with Grilled Chicken ♥

Featured Dessert: Baileys Irish Cream Cake

3/18 (Wed.)

Option 1: Balsamic Glazed Salmon **GF** with Mashed Sweet Potatoes ♥ and Beets

Option 2: Swedish Meatballs over Noodles with Egg Noodles and Fresh Broccoli ♥

Option 3: Entree Salad with Grilled Chicken ♥

Featured Dessert: Warm Peaches & Cream

3/19 (Thurs.)

Option 1: BBQ Pulled Pork **GF** with Sweet Potato Fries and Zucchini & Squash ♥

Option 2: Turkey Tetrazzini with Linguini Noodles and Roasted Cauliflower ♥

Option 3: Entree Salad with Grilled Chicken ♥

Featured Dessert: Fruits of the Forest Pie

3/20 (Fri.)

Option 1: Fried Walleye with Rosemary Roasted Redskins ♥ and Roasted Butternut Squash ♥

Option 2: Marinated Sirloin **GF** with Mixed Potato Medley and Roasted Brussel Sprouts ♥

Option 3: Entree Salad with Grilled Chicken ♥

Featured Dessert: Tapioca Pudding

♥ Heart Healthy

R Reduced Sodium

GF Gluten Free

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Alert your server to any allergies or dietary needs.

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*All options are served with: *Choice of Artisan Bread or Fresh Fruit, *Choice of Soup, *Choice of Weekly Salad or Starter Salad, and Featured Dessert.*

Artisan Bread

Saturday: Assorted Rolls

Sunday: Assorted Rolls

Starters

Waldorf Salad

Mixed Greens Salad ♥

Fresh Cut Fruit ♥

Saturday, March 21st

Option 1: Salmon w/Lemon & Dill **GF** with a White Rice ♥ and Garlic Green Beans ♥

Option 2: Salisbury Steak w/Mushroom Gravy with Mashed Potatoes **R** and Buttered Corn

Option 3: Entree Salad with Grilled Chicken ♥

Featured Dessert: Chef's Choice

Sunday, March 22nd

Option 1: Golden Ale Battered Haddock with French Fries and Peas & Carrots ♥

Option 2: Baked Ham w/Fruit Compote **GF** with Cheesy Potatoes and Five Way Mixed Vegetables ♥

Option 3: Entree Salad with Grilled Chicken ♥

Featured Dessert: Chef's Choice

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♥ Heart Healthy

R Reduced Sodium

GF Gluten Free

Culinary Wellness Announcements

COVID-19 What You Need to Know

COVID-19 is a new coronavirus identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China in December 2019. Coronaviruses are a large family of viruses common among animals and humans, and they can cause illness ranging from the common cold to more severe respiratory diseases. Health experts are still learning how it spreads and how long an infected person is contagious.

Currently, the risk to the general public is low. The greatest risk of infection is for people in Wuhan, or those who have traveled to Wuhan and other parts of China, although there are a small number of individual cases in the United States. Health officials are working with providers to promptly identify and evaluate anyone with suspected coronavirus illness.

The best way to prevent infection is to avoid being exposed to the virus. Practice these good prevention strategies: *Wash hands frequently with soap & water for at least 20 seconds. Use hand sanitizer if you don't use soap & water. *Cover Coughs *Stay away from others if sick. *Clean and disinfect frequently touched surfaces.

To make or cancel dinner reservations, please contact 734-433-5207 as early as possible, or by 1pm, the day of your reservation.

Dinner reservations can also be made online through our website at <https://silvermaples.org/residents/dining-room-reservation/>

To order dinner trays, please contact 734-433-5208 between 4pm-4:30pm.