



# dinner menu

Week of November 28th

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

## Artisan Bread

**Monday:** French Roll

**Tuesday:** Hawaiian Roll

**Wednesday:** Sunflower Bread

**Thursday:** Wheat Roll

**Friday:** French Roll

## Fresh Fruit ♥

**Monday:** Fresh Banana

**Tuesday:** Sliced Melon

**Wednesday:** Whole Apple

**Thursday:** Mango & Pineapple

**Friday:** Bartlett Pear

*\*Unsweetened Applesauce & Canned Mandarin Oranges & Peaches are also available daily*

## Soup

*(Choice of One)*

**Weekly:** Turkey and Wild Rice

**Monday:** Minestrone

**Tuesday:** Chili

**Wednesday:** Hungarian Mushroom

**Thursday:** Curry Potato & Shrimp

**Friday:** Zuppa Toscana

*\*Canned reduced sodium soups also available.*

## Starters

Pea and Peanut Salad

Side Mixed Greens Salad

Cottage Cheese ♥

## Ice Cream

Vanilla      Chocolate

Cappuccino Crunch

NSA Moose Tracks

ⓓ Dairy Free

♥ Heart Healthy

Ⓜ Reduced Sodium

Ⓜ Gluten Free

## Daily Entrée Selections

**11/28 Monday:**

**Option 1:** Broiled Seasoned Tilapia ♥ Ⓜ ⓓ served with Roasted Potatoes and Steamed Broccoli ♥

**Option 2:** Hungarian Chicken Paprikash with Paprika Gravy, Mashed Potatoes and Roasted Cauliflower ♥

**Featured Dessert:** Eggnog Cake

**11/29 Tuesday**

**Option 1:** Gulf Shrimp Fettuccine Alfredo with Parmesan Cheese and Steamed Green Peas ♥

**Option 2:** Chicken and Cheese Enchiladas with Pico de Gallo and Sour Cream. Served with Black Beans & Sautéed Mixed Peppers & Onions

**Featured Dessert:** Peach Cobbler with Ice Cream

**11/30 Wednesday**

**Option 1:** Seared Teriyaki Atlantic Salmon ♥ topped with Pineapple Salsa, served with Steamed Brown Rice ♥ and Tempura Fried Vegetables ⓓ

**Option 2:** Classic Baked Beef Meatloaf with Onion, Bread Crumbs, Fresh Parsley and Seasonings. Topped with Ketchup Glaze, ⓓ Served with Mashed Potatoes and Garlic Green Beans

**Featured Dessert:** Hummingbird Cake

**12/1 Thursday**

**Option 1:** Cajun Spiced Red Snapper Ⓜ ♥ served with New Orleans Rice Pilaf and Corn O'Brien ⓓ

**Option 2:** Honey Baked Ham Ⓜ ⓓ served with Cheesy Potatoes, Baked Summer Squash ♥ and Cinnamon Applesauce on the side

**Featured Dessert:** Banana Cream Pie

**12/2 Friday**

**Option 1:** Broiled Lake Trout with ⓓ Lemon Aioli Sauce served with Steamed Redskin Potatoes ♥ and Crispy Roasted Brussel Sprouts ♥ Ⓜ

**Option 2:** Chargrilled Hangar Steak ⓓ with Herb Garlic Butter, Baked Potato with Sour Cream and Roasted Baby Carrots ♥ Ⓜ

**Featured Dessert:** Hot Fudge Sundae

## Additional Entrée Selections

Options 3 - 6 listed on back of menu.

# dinner menu

(Page 2) The Trellis & Bistro Dining Rooms are Closed  
Saturday & Sunday. Pick Up & Delivery are available.

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

## Artisan Bread

**Saturday & Sunday:** Assorted Rolls

## Fresh Fruit ♥

**Saturday & Sunday:** Chef's Choice

\*Applesauce & Canned Mandarin  
Oranges & Peaches are also available.

## Soup

(Choice of One)

**Weekly:** Turkey and Wild Rice

**Saturday:** Low Sodium Vegetable

**Sunday:** Tomato

\*Canned reduced sodium soups also  
available.

## Starters

Pea and Peanut Salad

Side Mixed Greens Salad

Cottage Cheese ♥

## Ice Cream

Vanilla      Chocolate

Cappuccino Crunch

NSA Moose Tracks

## Saturday, December 3rd

**Option 1:** Broiled Cod Served with Rice Pilaf &  
Steamed Asparagus ♥ **GF** **D**

**Option 2:** Baked Chicken Cordon Bleu stuffed with  
Ham and Swiss Cheese, topped with a Dijon Cream  
Sauce and Served with Rice Pilaf and Steamed  
Broccoli ♥

**Featured Dessert:** Chocolate Cupcakes with Vanilla  
Frosting

## Sunday, December 4th

**Option 1:** Breaded Chicken Pattie topped with Basil  
Marinara Sauce, Served over Linguini Noodles and  
Roasted Zucchini **D**

**Option 2:** Beef & Cheese Lasagna served with Garlic  
Toast, Italian Green Beans and a Petite Caesar Salad  
with Herbed Croutons

**Featured Dessert:** Assorted Pies

## Additional Entrée Selections

**Option 3:** Grilled Vegetable Burger ♥ **D** with Garlic  
Mayo, Leaf Lettuce, Tomato & Raw Onion on a Fresh  
Baked Bun. Served with Sweet Potato French Fries

**Option 4:** Mixed Greens Chicken Salad with Black  
Olives, Tomatoes, Pepperoncini's, Red Onion, Parmesan  
Cheese, Herbed Croutons and Italian Dressing on the side

**Option 5:** Fried Chicken Wings served with BBQ Sauce  
on the side, Tater Tots and Buttered Corn

**Option 6:** Grilled Swordfish ♥ **GF** topped with Sundried  
Tomato Pesto, Served with Mashed Garlic Potatoes and  
Steamed Mixed Vegetables ♥

♥ Heart Healthy

Ⓜ Reduced Sodium

Ⓜ Gluten Free

Ⓜ Dairy Free

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

### Beverage Menu

Wines available by the Glass \$3 or Bottle \$10

Canyon Road of California

Pinot Grigio, Chardonnay, Merlot or Cabernet Sauvignon

Beer Selection

Budweiser, Bud Lite or Heineken \$3