



# Trellis/Bistro Menu

Week of January 12th

All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice, or Soda  
Choice of Three Starters and Featured Dessert or Ice Cream

## Featured Starters

*Please Choose up to Three Starters*

*All Starters Gluten Free Unless Noted \**

- Baked Garlic Poppyseed Rolls \*
- Side Green Goddess Salad
- Featured Starter: Smoked Fish Dip
- Weekly Soup: Clam Chowder

## Always Available

- Fresh Banana, Apple, or Clementine
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Low Fat Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce

## Desserts

Sundae Monday: Strawberry 

Tuesday: Assorted Pies

Wednesday: Thin Mint Cake

Thursday: Rice Pudding 

Friday: Buttercream Orange Tarts

## Ice Cream

RF NSA Vanilla

RF NSA Turtle Sundae & Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

Mint Chip

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less  
& Low Sat Fat

 Gluten Free

 Dairy Free

## Daily Entrée Selections

Monday, January 12th:

**Soup of the Day: Chili**  

**Option 1:** Honey Garlic Shrimp Stir Fry with Steamed Rice, Edamame, Broccoli, Red Peppers, and Water Chestnuts (available  )  

**Option 2:** Sauteed Pork Loin Scallopini with Wild Mushrooms, White Wine, Lemon, and Garlic Butter Sauce served with Fettucine Pasta and Steamed Broccoli

Tuesday, January 13th:




**Soup of the Day: Asian Vegetable**  

**Option 1:** Crispy Baked Chicken Thighs with Romesco Sauce, Spanish Rice, and Roasted Vegetables   

**Option 2:** Slow Roasted Mississippi Pot Roast  with Mashed Potatoes and Roasted Root Vegetables

Wednesday, January 14th:

**Soup of the Day: Steak & Mushroom**

**Option 1:** Baked Alaskan Cod with Lemon Bread Crumbs, Home Made Tartar Sauce, Roasted Redskin Potatoes, and Steamed Vegetable Medley    
(available 

**Option 2:** Slow Roasted BBQ Ribs with Slow Cooked Baked Beans,  Buttered Corn, and Vinaigrette Cole Slaw 

Thursday, January 15th:

**Soup of the Day: Wisconsin Cheese** 



**Option 1:** Grilled Atlantic Salmon  with Avocado Yogurt Sauce, Roasted Potatoes, and Steamed Asparagus  

**Option 2:** Smoked Chicken Angel Hair Pasta with Fresh Basil, Pancetta Bacon, and Plum Tomato Garlic Sauce   
(available 

Friday, January 16th:

**Soup of the Day: Chicken Tortilla**  

**Option 1:** Shrimp & Crab Cakes with Citrus Aioli, Wild Rice Pilaf, and Roasted Vegetable Medley 

**Option 2:** Braised Swiss Steak with Tomato Gravy,  Mashed Potatoes, Bell Peppers, Carrots, Onions, and Celery 

## Additional Entrée Selections

Options 3 - 6 listed on back of Menu

# Trellis/Bistro Menu

## (Page 2) Winter Dining Hours

Monday-Friday: Trellis & Bistro 4:30-6:00pm \*Please be seated by 5:45pm\*

Saturday-Sunday: Trellis & Arbor 4:00-6:00pm

Pick Up, Delivery & Curbside Service are available everyday

## Featured Starters

Please Choose up to Three Starters

All Starters Gluten Free Unless Noted \*

- Baked Garlic Poppyseed Rolls \*
- Side Green Goddess Salad
- Featured Starter: Smoked Fish Dip
- Weekly Soup: Clam Chowder

## Always Available

- Fresh Banana, Apple, or Clementine
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Low Fat Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce

## Desserts

Saturday: Fantasy Fudge

Sunday: Chocolate Brownie

## Ice Cream

- RF NSA Vanilla
- RF NSA Turtle Sundae & Butter Pecan
- Dark Chocolate Raspberry
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet
- Midnight Caramel River
- Mint Chip

## Saturday, January 17th

Soup of the Day: Chicken Noodle

Option 1: Grilled Teriyaki Chicken with Sweet Pepper Pineapple Glaze, Steamed White Rice, and Mixed Asian Vegetables (available )

Option 2: Creamed Chipped Beef on Toast Points with Mashed Potatoes and Steamed Green Beans

## Sunday, January 18th

Soup of the Day: Italian Wedding

Option 1: Grilled Rainbow Trout with Pistachio Basil Butter, Toasted Pinenuts, Wild Rice Pilaf, and Roasted Carrot Medley

Option 2: Baked White Chicken Lasagna with Italian Seasonings, Mozzarella & Parmesan Cheeses, and Garlic Bread served with Roasted Carrot Medley

## Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Portobella Mushrooms, Fresh Mozzarella Cheese, and Quinoa Salad (served with or without Grilled Chicken)

Option 4: Green Goddess Grilled Chicken Salad with Fresh Greens, Grape Tomatoes, Pickled Red Onions, Smoked Bacon, and Hard Boiled Egg served with Green Goddess Dressing

Option 5: Louisiana Catfish Po Boy served on Toasted French Bread with Chopped Lettuce, Tomato, and Cajun Tartar Sauce served with French Fries (w/o Bun)

Option 6: Baked Chicken and Wild Mushroom Cannelloni with Mozzarella Cheese, Tomato Butter Cream Sauce, and French Beans

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. In order to better serve you, Please keep substitutions to a minimum.

## Beverage Menu

### Wine Selection

Available by the Glass \$3 or Bottle \$12

Silver Gate of California

Pinot Grigio, Chardonnay, Merlot, or Cabernet Sauvignon

### Beer Selection \$3

Labatt, Labatt Blue Light, or Heineken