



# Trellis/Bistro Menu

Week of January 13th

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 \*

- Traditional Dinner Roll \*
- Side Iceberg Lettuce Salad
- Soup: Smoked Chicken Sweet Potato Corn Chowder \*

## Always Available

- Fresh Banana, Grapes, or Apple
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce
- Canned Reduced Sodium Soups

## Desserts

Monday: Banana Cream Pie

Tuesday: Key Lime Squares

Wednesday: Tres Leches Cake

Thursday: Snowball Cake

Friday: Coconut Cream Pie

## Ice Cream

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

RF Reduced Fat

NSA No Sugar Added

 Dairy Free




 500mg Sodium or Below

 Gluten Free

## Daily Entrée Selections

Monday, January 13th:


**Soup of the Day: Cabbage**



**Option 1:** Pan Seared Whitefish with Tomato Basil White Bean Compote, Roasted New Potatoes, and Asparagus   

**Option 2:** Grilled Ginger Garlic Chicken Thighs with Sticky Rice and Sesame Bok Choy   

Tuesday, January 14th:

**Soup of the Day: Hamburger Vegetable** 

**Option 1:** Greek Grilled Shrimp Skewer with Lemon and Oregano served with Olive & Feta Orzo Pasta and Roasted Kabob Vegetables (Peppers, Onions, Tomatoes, and Mushrooms) 

**Option 2:** Grilled Pork Tenderloin with Balsamic Glaze, Parsnips Mashed Potatoes, and Harvard Beets  

Wednesday, January 15th:

**Soup of the Day: Chicken Gumbo**

**Option 1:** Baked Crumb Coated North Atlantic Haddock with Tartar Sauce, Redskin Potatoes, and Roasted Cauliflower (Available   

**Option 2:** Chicken Marsala Fettuccine Pasta with a Garlic Mushroom Cream Sauce served with Roasted Italian Vegetables

Thursday, January 16th:

**Soup of the Day: Cheesy Broccoli** 

**Option 1:** Broiled Orange Roughy with Citrus Butter, Rice Pilaf, and Roasted Carrots  

**Option 2:** Spaghetti and Homemade Meatballs with Basil Marinara Sauce, Fresh Parmesan Cheese, and Garlic French Beans

Friday, January 17th:

**Soup of the Day: Chicken Noodle** 

**Option 1:** Grilled Maple Glazed Atlantic Salmon with a Idaho Baked Potato with Sour Cream on the side and Roasted Eggplant Medley   

**Option 2:** Braised Beef Sirloin Tips with Wild Mushroom Ragout, White Cheddar Mashed Potatoes, and Mixed Zucchini and Squash

## 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 \**

- Traditional Dinner Roll \*
- Side Iceberg Lettuce Salad
- Soup: Smoked Chicken Sweet Potato Corn Chowder \*

## Always Available

- Fresh Banana, Grapes, or Apple
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce
- Canned Reduced Sodium Soups

## Desserts

Saturday: Sugar Cookies

Sunday: Fried Churros with Chocolate Sauce

## Ice Cream

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Midnight Caramel River

## Saturday, January 18th

**Soup of the Day: Corn Chowder**



**Option 1:** Turkey Tetrazzini with Mushrooms, Peas, Spaghetti Noodles, and Creamy Cheese Sauce

**Option 2:** Shredded Chicken Tacos with Corn Tortillas, Fresh Lettuce, Cheddar Cheese, Tomato Salsa, Sour Cream, and Beans & Rice



## Sunday, January 19th


**Soup of the Day: Lemon Lentil**  

**Option 1:** Fried Popcorn Shrimp Po Boy on a Hoagie Bun with Shredded Lettuce, Diced Tomato, New Orleans Tartar Sauce, and French Fries


**Option 2:** Stuffed Peppers with Seasoned Ground Beef and Rice topped with Tomato Sauce served with Fresh Vegetable Medley  

## Additional Entrée Selections

**Option 3:** Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Portobella Mushrooms, Potatoes, and Buffalo Mozzarella Cheese (Served with or Without Chicken)  

**Option 4:** Iceberg Salad with Grilled Chicken, Chopped Bacon, Fresh Tomatoes, and Gorgonzola Cheese topped with Fried Onions served with Homemade Bleu Cheese Dressing ( w/o Onions)

**Option 5:** Grilled Turkey Burger with Lettuce, Tomato, and Cranberry Mayo on a Fresh Baked Pretzel Bun with French Fries and Creamy Slaw ( w/o Bun)

**Option 6:** Ground Beef Burrito Bowl with Black Beans, Roasted Peppers, Fresh Corn, Shredded Cheese, Pico de Gallo, and Cilantro Lime Rice 

*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

Canyon Road of California

Pinot Grigio, Chardonnay, Merlot, or Cabernet Sauvignon

### Beer Selection \$3

Labatt, Labatt Blue Light, or Heineken