



Trellis/Bistro Menu

Week of January 26th

*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 **

- Fresh Baked French Rolls *
- Side Caesar Salad 
- Cranberry Broccoli Salad 
- Weekly Soup: Carrot Curry Bisque 

Always Available

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

Desserts

Sundae Monday: S'mores

**Tuesday: Raspberry Peach Crumble
Pie ala Mode**

Wednesday: Glorified Rice

Thursday: Blueberry Crisp

Friday: Vanilla Pudding Éclair Cake

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 Chocolate Chip

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less
& Low Sat Fat




 Gluten Free

 Dairy Free

Dinner Entrée Selections

Monday, January 26th:


Soup of the Day: Pasta Fagioli

Option 1: Baked Atlantic Cod with a Lemon, Garlic Bread Crumbs, New England Chowder Sauce, Mashed Potatoes, and Roasted Carrots (available   

Option 2: Sauteed Beef and Broccoli Stir Fry with Ginger Garlic Sauce, Mixed Vegetables, and Steamed Brown Rice (available   

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Tuesday, January 27th:



Soup of the Day: Turkey Gumbo 


Option 1: Fried Breaded Lake Perch with Fingerling Potatoes, Tartar Sauce, and Roasted Mixed Squash (available 

Option 2: Honey Pecan Turkey Breast with Sweet Potato Mashed Potatoes and Grilled Asparagus  

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Wednesday, January 28th:


Soup of the Day: Lasagna



Option 1: Broiled Atlantic Salmon Cakes with Tarragon Aioli, Wild Rice Pilaf, and Sauteed Spinach  

Option 2: Baked Shepherds Pie with Seasoned Ground Beef, Carrots, Peas, and Onions topped with Buttered Mashed Potatoes 

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Thursday, January 29th:


Soup of the Day: Chicken Stew  

Option 1: Jambalaya Pasta with Grilled Chicken, Gulf Shrimp, Andouille Sausage, Mixed Peppers, and Red Bell Pepper Cream Sauce (available 

Option 2: Roasted Marinated Pork Loin with Fig Balsamic Glaze,  Mashed Potatoes, and Butternut Squash  

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Friday, January 30th:

Soup of the Day: Pasta Bean 

Option 1: Pork & Vegetable Egg Rolls with Sweet & Sour Dipping Sauce and Stir Fried Rice with Egg, Carrots, & Peas served with Asian Cabbage 

Option 2: Baked Cranberry & Brie Stuffed Chicken Breast with Dijon Mustard Sauce, Wild Rice Pilaf, and Roasted Carrots

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 **

- Fresh Baked French Rolls *
- Side Caesar Salad
- Cranberry Broccoli Salad
- Weekly Soup: Carrot Curry Bisque Vegetables

Always Available

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

Desserts

Saturday: Banana Cake with Buttercream Frosting

Sunday: Heath Butterscotch Pudding

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 Chocolate Chip

Saturday, January 31st

Soup of the Day: Cheesy Broccoli

Option 1: Deluxe Mac & Cheese with Four Cheeses, Died Ham, and Lemon Bread Crumb Topping

Option 2: Roast Marinated Airline Chicken Breast with Cider Maple Gravy, Cranberry Stuffing, and Roasted Vegetables

Sunday, February 1st

Soup of the Day: Vegetable

Option 1: Fried Cod Fish & Chips with Home Made Tartar Sauce, Lemon, and Creamy Cole Slaw

Option 2: Beef & Cheese Nachos with Tortilla Corn Chips, Queso Cheese, Olives, Shredded Lettuce, and Diced Tomatoes served with Salsa and Sour Cream

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables and Mozzarella Cheese (available with or without Grilled Chicken)

Option 4: Grilled Chicken Caesar Salad with Romaine Lettuce, Fresh Tomatoes, Parmesan Cheese, Garlic Croutons, and Caesar Dressing

Option 5: Traditional Spaghetti with Meat Sauce, Fresh Grated Parmesan Cheese, and Garlic Green Beans (available)

Option 6: Seamed Prince Edward Island Mussels with White Wine, Garlic, Tomato, and Onion served with Crusty French Bread

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

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