



dinner menu

Week of October 11th

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: Garlic Toast

Wednesday: Sunflower Bread

Thursday: Sweet Breakfast Bread

Friday: Cranberry Walnut Bread

Fresh Fruit ♥

Monday, Tuesday, Thursday & Friday: Seasonal Fruit Salad

Wednesday: Butternut & Goat Cheese Salad

**Applesauce & Canned Mandarin Oranges, Peaches & Fruit Cocktail also available.*

Soup

(Choice of One)

Weekly: Louisiana Gumbo

Monday: Three Bean & Ham

Tuesday: Beef & Homestyle Noodle **R**

Wednesday: Lobster Bisque

Thursday: Creamy Chicken Noodle

Friday: Clam Bisque

**Canned reduced sodium soups also available.*

Starters

Whitefish Dip **GF** w/Crackers

Tuscan Pear Salad **GF** (w/o Chicken)

Cottage Cheese ♥

Ice Cream

Vanilla **Coffee**

Chocolate **Orange Blossom**

NSA Butter Pecan

♥ Heart Healthy

R Reduced Sodium

GF Gluten Free

Daily Entrée Selections

10/11 Monday

Option 1: Shrimp Scampi over Linguini Noodles served with Steamed Broccoli ♥

Option 2: Sloppy Joe Sandwich on a Fresh Baked Bun served with Fried Onion Rings w/Dipping Sauce and Buttered Corn

Featured Dessert: Upside Down Pineapple Orange Cake

10/12 Tuesday

Option 1: Baked Chicken Parmesan w/Marinara Sauce served with Parmesan Risotto and Roasted Garlic Green Beans ♥

Option 2: Veal Paprikash over Buttered Egg Noodles served with Roasted Asparagus ♥

Featured Dessert: Sweet Potato Cake w/Molasses Butter Cream

10/13 Wednesday **Mixer Dinner**

Option 1: Scottish Salmon ♥ **GF** w/Chimichurri Sauce served with Rosemary Scented Fingerling Potatoes ♥ and Tri-Colored Cauliflower ♥

Option 2: Beef Tenderloin Medallions w/Dijon Cream served with Rosemary Scented Fingerling Potatoes ♥ and Tri-Colored Cauliflower ♥

Featured Dessert: Turtle Cheesecake

10/14 Thursday

Option 1: Chicken Cordon Bleu served with Dried Fruit Couscous and Buttered Peas

Option 2: Honey Baked Ham **GF** served with Cheesy Potatoes and Green Bean Casserole

Featured Dessert: Cherry & Blueberry Crisp

10/15 Friday

Option 1: Seared Rainbow Trout ♥ w/Tartar Sauce on the side served with a Baked Sweet Potato ♥ and Steamed Brussel Sprouts ♥

Option 2: Grilled Pork Loin w/Cherry Chutney **GF** served with a Baked Sweet Potato ♥ and Honey Glazed Baby Carrots

Featured Dessert: Carrot Cake

Additional Entrée Selections

Options 3 - 6 listed on back of menu.

dinner menu

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All options are served with: *Choice of Artisan Bread, Fresh Fruit or Canned Fruit,
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Artisan Bread

Saturday: Assorted Rolls

Sunday: Assorted Rolls

Fresh Fruit ♥

Monday - Friday: Seasonal Fruit Salad

*Applesauce & Canned Mandarin Oranges, Peaches & Fruit Cocktail also available.

Soup

(Choice of One)

Weekly: Louisiana Gumbo

Saturday: Oriental Beef

Sunday: Roasted Vegetable **R**

*Canned reduced sodium soups also available.

Starters

Whitefish Dip **GF** w/Crackers

Tuscan Pear Salad **GF** (w/o Chicken)

Cottage Cheese ♥

Ice Cream

Vanilla **Coffee**

Chocolate **Orange Blossom**

NSA Butter Pecan

Saturday, October 16th

Option 1: Spaghetti w/Meatballs served with Tomato Cucumber Salad ♥

Option 2: Grilled Chicken Club on a Brioche Roll w/Bacon, Swiss Cheese, Leaf Lettuce, Tomato & Honey Mustard Sauce on the side served with French Fried Potatoes and Tomato Cucumber Salad ♥

Featured Dessert: Nutty Cone (Novelty Ice Cream)

Sunday, October 17th

Option 1: Chilled Shrimp Cocktail ♥ **GF** w/Lemon & Cocktail Sauce on the side served with Mustard Potato Salad and Coleslaw

Option 2: Chicken Tenders w/Ranch Dipping Sauce served with Seasoned Tater Tots and Steamed California Vegetable Blend ♥

Featured Dessert: Assorted Pies

Additional Entrée Selections

Option 3 (Vegetarian): Tofu Stir Fry - Tofu, sautéed Asian vegetables, rice, sweet & sour sauce, and crunchy noodles.

Option 4: Tuscan Pear Entrée Salad **GF** - Fresh mixed greens, grilled chicken breast, pears, gorgonzola cheese, and candied walnuts. Served with balsamic dressing on the side.

Option 5: BBQ Pulled Pork Sandwich w/Pickled Onions served with Potato Salad

Option 6: Zesty Orange Ginger Glazed Chicken Wings served with Asian Slaw

♥ 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 staff to any allergies or dietary needs.

Dining & Tray Service

- Trellis & Bistro Dining Rooms are open Monday - Friday only, on a first come, first serve basis. Sign up sheets are located in the blue binder on the table in front of Winn Mahoney's office. For Independent Living Residents, dinner is still available on Saturday and Sunday by using a tray slip and choosing Pick Up or Delivery.
- Trellis & Bistro sign up sheets will be collected at 3pm each day, along with the colored tray slips from the IL Front Desk.
- If you would like to fill out a weeks worth of tray slips, please hand those to Karen at the front desk.
- If it is after 3pm and you would like to sign up for the Trellis or Bistro, or turn in a tray slip for that particular evening, please see Patti or Betsy Monday - Friday. On Saturday or Sunday, please see the front desk. They will contact the kitchen.
- The Courtyard Cafe is open 7 days a week, 8:30am - 2:30pm, for alternate dining options.