



Trellis/Bistro Menu

Week of October 21st

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 Sunflower Bread *
- Side Caesar Salad *
- Weekly Soup: Smoked Chicken Sweet Potato Corn Chowder *

Always Available

- Fresh Bananas, Apples, & Oranges ♥
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Cottage Cheese ♥
- Low Fat Yogurt ♥
- Un Sweetened Apple Sauce ♥
- Canned Reduced Sodium Soups **R**

Desserts

Monday: Fruit of the Forest Pie

Tuesday: Strawberry Sponge Cake

Wednesday: Pumpkin Cake

Thursday: German Chocolate Cake

Friday: Orange Buttercream Tart

Ice Cream **GF**

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Midnight Caramel River

Cappuccino Crunch

RF Reduced Fat

NSA No Sugar Added

D Dairy Free

♥ Heart Healthy Item

R Reduced Sodium

GF Gluten Free

Dinner Entrée Selections

Monday, October 21st:

Soup of the Day: Dill Pickle

Option 1: Gulf Shrimp Pasta with Roasted Sweet Peppers and Basil Pesto Cream Sauce

Option 2: Grilled Bratwurst **D** with Buttered Noodles, Red Cabbage, and Cinnamon Applesauce

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Tuesday, October 22nd:

Soup of the Day: Minestrone

Option 1: Fried Louisiana Catfish with Remoulade Sauce, Red Beans & Rice, and Creamed Corn and Bacon

Option 2: Baked Honey Glazed Ham **GF** with Cheesy Potatoes and Fresh Green Beans ♥

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Wednesday, October 23rd:

Soup of the Day: Hungarian Mushroom

Option 1: Grilled Chicken Linguine with Primavera Vegetables, Olive Oil, and Herb Sauce **D** topped with Parmesan Cheese (Available **GF**)

Option 2: House Smoked Pulled Pork with BBQ Sauce, **GF** **D** Baked Macaroni and Cheese, and Cole Slaw

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Thursday, October 24th:

Soup of the Day: Mixed Bean **GF**

Option 1: Broiled Crabcakes with Citrus Aioli, Wild Rice Pilaf, and Roasted Carrots ♥

Option 2: Seared Swiss Steak with Tomato Gravy, Onions, Carrots and Peas, seared with White Cheddar Mashed Potatoes

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Friday, October 25th:

Soup of the Day: Cream of Spinach

Option 1: Baked Haddock with Lemon Bread Crumbs, Roasted Yukon Gold Potatoes, Asparagus ♥, and Homemade Tartar Sauce (Available **GF**)

Option 2: Country Fried Chicken Breast with Creamy Gravy, Buttermilk Mashed Potatoes, and Steamed Broccoli and Carrots ♥

Additional Entrée Selections

Options 3 – 6 listed on back of Menu

Trellis/Bistro Menu



(Page 2) Fall Dining Hours

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

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

Featured Starters

Please Choose up to Three Starters

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- Fresh Baked Sunflower Bread *
- Side Caesar Salad
- Weekly Soup: Smoked Chicken Sweet Potato Corn Chowder

Always Available

- Fresh Bananas, Apples, & Oranges ♥
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Cottage Cheese ♥
- Low Fat Yogurt ♥
- Un Sweetened Apple Sauce ♥
- Canned Reduced Sodium Soups **R**

Desserts

Saturday: Nutella Rice Crispy Treat

Sunday: Novelty Ice Cream

Ice Cream **GF**

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Midnight Caramel River

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.

Saturday, October 26th

Soup of the Day: French Onion (**GF** w/o Croutons)

Option 1: Grilled Chicken Club Sandwich with Bacon, Monterey Jack Cheese, Avocado, Lettuce, and Tomato **GF** on a Toasted Bun with French Fries and Mustard Sauce

Option 2: Slow Roasted Meatballs with Onions and Brown Gravy served with Mashed Potatoes and Oven Roasted Carrots ♥

Sunday, October 27th

Soup of the Day: Curry Lentil

Option 1: Fried Pork & Vegetable Egg Rolls with Steamed Rice, Asian Style Vegetables, and Sweet & Sour Dipping Sauce **D**

Option 2: Baked Cheese Ravioli with Meat Sauce Marinara, Fresh Parmesan Cheese, and Garlic Green Beans

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Portobella Mushrooms, **D** and Mozzarella Cheese (served with or without Grilled Chicken or Shrimp) **GF**

Option 4: Grilled Chicken Caesar Salad with Fresh Tomato, **D** Parmesan Cheese, **GF** Baked Herbed Croutons, and Caesar Dressing

Option 5: Baked Cauliflower Crust Margarita Pizza with Olive Oil & Garlic, Buffalo Mozzarella Cheese, Tomatoes, and Fresh Basil **GF**

Option 6: Grilled Ahi Tuna served Medium Rare with Chimichurri Sauce, (Olive Oil, Garlic & Herbs) Roasted Potatoes. and Steamed Fresh Vegetables **GF** **D**

Beverage Menu

Wine Selection

Available by the Glass \$3 or Bottle \$10

Canyon Road of California

Pinot Grigio, Chardonnay, Merlot or Cabernet Sauvignon

Beer Selection \$3

Labatt, Labatt Blue Light or Heineken