



# dinner menu

Week of October 4th

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:** Dinner Roll

**Tuesday:** Garlic Poppyseed Roll

**Wednesday:** Parmesan Breadstick

**Thursday:** Cheddar Biscuit

**Friday:** French Bread

## Fresh Fruit ♥

**Monday - Friday:** Seasonal Fruit Salad

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

## Soup

*(Choice of One)*

**Weekly:** Black Bean & Ham

**Monday:** Home Made Chili

**Tuesday:** Chicken & Homestyle Noodle **R**

**Wednesday:** Cheddar Ale

**Thursday:** Chicken Gumbo

**Friday:** Zuppa Toscana

*\*Canned reduced sodium soups also available.*

## Starters

**Shaved Brussel Sprout Salad with Cranberries, Sliced Almonds, Sweet Onions & Vinaigrette Dressing** **GF**

**Fall Harvest 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

**10/4 Monday**

**Option 1:** Broiled Lake Superior Whitefish ♥ **GF** w/Lemon & Tartar Sauce on the side served with Herb Roasted Redskin Potatoes ♥ and Sautéed Zucchini & Squash

**Option 2:** Salisbury Steak w/Mushroom Gravy & Pearl Onions served with Garlic Mashed Potatoes ♥ and Buttered Peas

**Featured Dessert:** Orange Cranberry Glazed Cake

**10/5 Tuesday**

**Option 1:** Pan Fried Walleye Piccata w/Lemon Caper Mushroom Butter over Linguine Noodles served with Steamed Broccolini ♥

**Option 2:** Herb Rubbed Pork Tenderloin **GF** served with Buttered Corn and Braised Mixed Greens ♥

**Featured Dessert:** Toffee Coffee Crunch Cake

**10/6 Wednesday**

**Option 1:** Seared Atlantic Salmon served with Roasted Fingerling Potatoes ♥ and Roasted Delicata Squash ♥

**Option 2:** Baked Beef Mostaccioli Pasta w/Tomato Sauce & Parmesan Cheese served with Roasted Garlic Green Beans ♥

**Featured Dessert:** Banana Pudding Cutie Pie

**10/7 Thursday**

**Option 1:** Cornmeal & Cajun Crusted Louisiana Catfish w/Remoulade Sauce on the side served with New Orleans Style Rice, Hush Puppies, and Okra & Stewed Tomatoes ♥

**Option 2:** Roasted Herb Chicken Thighs w/Pan Gravy **GF** served with Baked Celery Stuffing and Steamed Asparagus ♥

**Featured Dessert:** Assorted Dessert Bars

**10/8 Friday**

**Option 1:** Fried Orange Chicken served with Candied Pineapple White Rice and Steamed Asian Vegetables w/Daikon Radish ♥

**Option 2:** Braised Lamb Stew w/Tri Colored Carrots, Parsnips, Turnips, Potatoes & Celery served with a Fresh Baked Biscuit

**Featured Dessert:** Blueberry Pie Ala Mode

## 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,  
\*Choice of Soup, \*Choice of Weekly Salad or Starter Salad, and Featured Dessert.

## 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:** Black Bean & Ham

**Saturday:** Stuffed Green Pepper

**Sunday:** Creamy Asparagus **R**

\*Canned reduced sodium soups also available.

## Starters

**Shaved Brussel Sprout Salad with Cranberries, Sliced Almonds, Sweet Onions & Vinaigrette Dressing** **GF**

**Fall Harvest Salad** **GF** (w/o Chicken)

**Cottage Cheese** ♥

## Ice Cream

**Vanilla**      **Coffee**

**Chocolate**    **Orange Blossom**

**NSA Butter Pecan**

## Saturday, October 9th

**Option 1:** Beer Battered Fish & Chips w/Tartar Sauce on the side served with Creamy Coleslaw

**Option 2:** Grilled All Beef Hotdog w/Chopped Onion, Pickle Relish, Mustard & Ketchup on the side served with Mac & Cheese and Creamy Coleslaw

**Featured Dessert:** Ice Cream Sandwiches

## Sunday, October 10th

**Option 1:** Fried Tempura Shrimp w/Soy Dipping Sauce served with Steamed Vegetable Potstickers and Steamed California Vegetable Blend ♥

**Option 2:** Cheese Ravioli w/Grilled Chicken & Alfredo Sauce served with Steamed California Blend ♥

**Featured Dessert:** Fresh Baked Cookies

## Additional Entrée Selections

**Option 3 (Vegetarian):** Eggplant Parmesan over Linguine Noodles w/Provolone Cheese & Marinara Sauce served with Fresh Vegetables ♥

**Option 4:** Fall Harvest Entrée Salad **GF** - Fresh mixed greens, grilled chicken breast, sliced apples, dried cranberries, walnuts, and goat cheese. Served with balsamic vinaigrette on the side.

**Option 5:** Cranberry Chicken Salad Croissant served with Steakhouse Potato Salad and Fresh Fruit ♥

**Option 6:** Grilled Swordfish Steak w/Basil Pesto **GF** served with Roasted Potatoes ♥ and Fresh Vegetables ♥

♥ 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.