

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 Assorted Rolls \*
- · Side Tuscan Pear Salad
- · Featured Starter: Smoked Salmon Pate
- · Weekly Soup: Black Bean & Ham

#### 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**

Monday: New York Style Cheesecake

Tuesday: Hot Fudge Ice Cream Puff

Wednesday: Angel Food Cake, Fresh Berries

Thursday: Assorted Pies

Friday: Warm Apple Cherry Cobbler

#### Ice Cream @

RF NSA Vanilla

RF NSA Turtle Sundae & Butter Pecan

Dark Chocolate Raspberry

**Road Runner Raspberry** 

Cappuccino Crunch

**Rainbow Sherbet** 

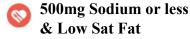
**Midnight Caramel River** 

**Mint Chocolate Chip** 

**Apple Crumb Pie** 

**RF** Reduced Fat

NSA No Sugar Added





Dairy Free

## Daily Entrée Selections

Monday, November 24th:

Soup of the Day: Sopa de Verduras (Mexican

Vegetable Soup) 🔕 📵 🕩

Option 1: Shrimp Scampi with Garlic Butter, White

Wine Sauce, Wild Rice Pilaf, and Steam Asparagus 🔕 🄀

Option 2: Spaghetti Carbonara Pasta with Pancetta Bacon, Parmesan Cheese, Cream, and Sweet Peas

**Tuesday, November 25th:** 

Soup of the Day: Vegetable Beef Barley ( )

**Option 1:** Grilled Ginger Garlic Chicken Thigh with

Sticky Rice and Steamed Sesame Bok Choy ( )

Option 2: Slow Cooked Beef Stroganoff with Buttered

Egg Noodles, Mushroom Gravy, and Steamed Broccoli

Wednesday, November 26th:

Soup of the Day: Cheesy Potato @

Option 1: Seared Artic Char Almondine with Sliced Almonds and Lemon Parsley Butter served with Roasted



**Option 2:** Sauteed Chicken Marsala with Fresh Mushrooms, Marsala Wine, Olive Oil, Garlic, and

Shallots served over Linguine Pasta with Steamed Mixed Vegetables 🚫 🕞

Thursday, November 27th: *Happy Thanksgiving!* 

Join us at the luncheon Buffet 11am—1pm

**Option 1:** Fried Coconut Shrimp with Orange Dipping Sauce, Steamed Jasmine Rice, Steamed Broccoli, and Mango Lime Slaw (D)

**Option 2:** Open Face Turkey Sandwith with Mashed Potatoes, Gravy, Green Beans, and Cranberry Sauce

Friday, November 28th:

Soup of the Day: Chicken Velvet @

**Option 1**: Fried Perch dipped in Drakes Seasoning with Creamy Cole Slaw, French Fries, Lemon, and Tartar

Sauce (available **G**) (D)

**Option 2:** Grilled Sirloin Steak Frites with (D) Garlic Parsley Compound Butter, Rosemary Fries, and Creamed Spinach @

# 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

Pick Up, Delivery & Curbside Service are available everyday

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### Always Available 🔕

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- · Fruit Cocktail
- Low Fat Cottage Cheese
- · Low Fat Yogurt
- · Un Sweetened Apple Sauce
- Un Sweetened Apple Sauce

#### **Desserts**

Saturday: Root Beer Float

Sunday: Blueberry Cake with

Whipped topping

#### 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** 

**Apple Crumb Pie** 

## Saturday, November 29th

Soup of the Day: Corn Chowder

**Option 1:** Ground Beef & Tomato Sloppy Joe Sandwich with Seasoned Tater Tots and Creamy Cole Slaw

( Wo Bun) (D)

Option 2: Grilled Greek Spiced Chicken Breast (D) with Feta Cheese, Lemon Rice, Tomato Cucumber Salad, and Creamy Yogurt Sauce (S) (G)

# Sunday, November 30th

Soup of the Day: Chicken Noodle 🔕

**Option 1:** Chilled Steamed Shrimp Cocktail with Lemon and Bulgar Wheat, Chickpea Vegetable Salad **© D** 

**Option 2:** Goat Cheese Filled Ravioli with Grilled Chicken, Baby Spinach, Mushrooms, and Marinara Sauce

## Additional Entrée Selections

Sorry, Options #5 and #6 are not available on Thanksgiving Day

Option 3: Roasted Vegetable Plate with Market Vegetables, Portobella Mushrooms, French Beans, Baby Spinach, and ©Fresh Mozzarella (served with or without Grilled Chicken or Salmon) © 65

**Option 5:** Roasted Three Onion Soup with Garlic Croutons, and Provolone Cheese served with a Roast Beef Sandwich on a French Baguette and Horseradish Sauce

Option 6: Pan Seared Atlantic Salmon with Lobster Saffron Broth, Roasted Peppers, Asparagus, Cannellini Beans, Green & Yellow Wax Beans, Mushrooms, and Plum Tomato

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.

