



Trellis/Bistro Menu

Week of November 3rd

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 **
- Baked Garlic Poppyseed Rolls *
 - Side Garden Salad 
 - Featured Starter: Broccoli Salad
 - Weekly Soup: Classic Chili

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: Assorted Pies
Tuesday: Bumbleberry Pie
Wednesday: Apple & Banana Cake
Thursday: Chocolate Raspberry Torte 
Friday: Blueberry Cream Cheese Pie

Ice Cream

- RF NSA Chocolate
RF NSA Turtle Sundae & Butter Pecan
Vanilla Bean
Dark Chocolate Raspberry
Road Runner Raspberry
Cappuccino Crunch
Rainbow Sherbet
Midnight Caramel River
Deep Dish Apple

- RF Reduced Fat
NSA No Sugar Added
 500mg Sodium or less
& Low Sat Fat
 Gluten Free
 Dairy Free

Daily Entrée Selections

Monday, November 3rd:

Soup of the Day: Cream of Pumpkin

Option 1: Broiled Atlantic Cod with Fresh Lemon, Tartar Sauce, Herb Roasted Potatoes, and Sauteed Spinach   

Option 2: Grilled Chicken Breast with Pistachio Basil Cream Sauce, Pinenuts, Wild Rice Pilaf, and Steamed Asparagus 

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Tuesday, November 4th:

Soup of the Day: Spinach Artichoke

Option 1: Parmesan Crusted Lake Superior Whitefish with Roasted Lemon-Chive Butter, Orzo Pasta, and French Beans (available  

Option 2: Baked French Onion Meatloaf  with Mashed Potatoes and Herb Roasted Brussel Spouts

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Wednesday, November 5th:

Soup of the Day: Italian Wedding

Option 1: Baked Stuffed Seafood Cannelloni with Shrimp, Scallops, Crab Meat, and Baby Spinach topped with White Cheddar & Parmesan Cheese Cream Sauce

Option 2: Grilled Pork Tenderloin with Fall Pear Jam, Mashed Sweet Potatoes, and Roasted Cauliflower   

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Thursday, November 6th:

Happy 28th Anniversary, Silver Maples !
Options 5 & 6 are not Available Tonight

Soup of the Day: Lobster Bisque

Option 1: Baked Salmon Wellington in Puff Pastry with Creamy Lemon, Dill, and Spinach Filling served with Wild Rice Pilaf and Fresh Asparagus Medley

Option 2: Slow Roasted Prime Rib Ajus  with Mashed Potatoes and Fresh Asparagus Medley 

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Friday, November 7th:

Soup of the Day: Cheesy Broccoli

Option 1: Louisiana Fried Catfish with Black Bean and Corn Relish, New Orleans Rice, and Honey Chipotle Carrots  

Option 2: Corned Beef & Cabbage with Steamed Potatoes and Carrots  served with Dark Rye Bread and Dijon Mustard on the side 

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

Featured Starters

Please Choose up to Three Starters

*All Starters Gluten Free Unless Noted **

- Baked Garlic Poppyseed Rolls *
- Side Garden Salad
- Featured Starter: Broccoli Salad
- Weekly Soup: Classic Chili

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: Chocolate Covered Rice Krispie Treats

Sunday: Pumpkin Molasses Cake

Ice Cream

RF NSA Chocolate

RF NSA Turtle Sundae & Butter Pecan

Vanilla Bean

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

Deep Dish Apple

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.

Saturday, November 8th

Soup of the Day: Pasta Bean

Option 1: Coconut Fried Shrimp with Orange Marmalade Dipping Sauce and Steamed Rice with Mixed Asian Vegetables

Option 2: Diced Chicken with Fresh Carrots, Celery, Peas, Onion, and Cream over a warm Biscuit served with a Petite Caesar Salad

Sunday, November 9th

Soup of the Day: Creamy Potato

Option 1: Baked Quiche Lorraine with Ham, Bacon, Swiss Cheese, and Puff Pastry served with Tropical Fruit Salad

Option 2: Baked White Chicken Lasagna with Italian Seasonings, Mozzarella & Parmesan Cheeses, and Garlic Bread served with Grilled Zucchini

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Fall Market Vegetables, Quinoa, Portobella Mushrooms, and Mozzarella Cheese (served with or without Grilled Chicken)

Option 4: Grilled Chicken Salad with Fresh Greens, Shredded Carrots, Tomatoes, Radish, and Mushrooms served with Garlic Croutons and Homemade Ranch Dressing

Option 5: Trio of Fall Salads with Honey Pecan Chicken, Shrimp with Crab, and Old Fashioned Chopped Ham served on Mixed Greens with a Muffin and Fresh Fruit

Option 6: Greek Lamb Meatballs with Fresh Chopped Tomato, Red Onion, Cucumber Salad, Kalamata Olives, Steamed Jasmine Rice, and Creamy Cucumber Yogurt Sauce



Silver Maples 28th Anniversary!

Come Celebrate with Us

Thursday, November 6th Beginning at 4:30pm

Bistro & Trellis Dining Rooms

Due to Limited Space, Residents Only Please